

Declare Freedom From Stress and Toxins

**FREE
ADMISSION**



**Refreshments
will be served.**

Grace Ormstein, MD, PhD, CTN



Dr. Ormstein graduated from medical school and completed two years of postgraduate residencies in general medicine and dermatology in Poland before coming to the US. Her further postgraduate studies and residencies were in pediatrics and psychiatry. A strong advocate of natural health products, Dr. Ormstein also became certified in naturopathic medicine. With over 20 years of practicing medicine along with her extensive understanding of plants, she interacts daily with consumers, retailers, and health practitioners from all disciplines and all walks of life, answering scientific and technical questions regarding natural health care and Himalaya products in particular.

**Thursday at 7:00PM
October 21, 2010**

Polish & Slavic Center
177 Kent Street
Brooklyn, NY 11222

Sponsored by Chopin Chemists Pharmacy



Himalaya
HERBAL HEALTHCARE
Family Owned Since 1930

**Staying Clean,
Healthy and
Happy in a
Hectic World.**

- What is Psychological and Oxidative Stress?
- How Does Stress Affect Us?
 - Physically
 - Mentally
 - Emotionally
- How Do You Cope With Stress?
 - Body Cleanse
 - De-Stress with Individual Herbs and Formulations
 - Healthy Lifestyle, Diet and Physical Activities

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