

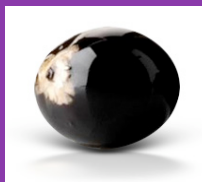
Call 64642007 to register

The Happy Naturopath & The Nutrition Clinic

present

"Active & Ageless with Acai"

A Tasting Party & Cooking Demo



Date 13 Jan 2010 (Wed)
Time 7:00 – 8:00pm
Fee \$10 per person
Venue Onaka Healing Kitchen @ Biopolis
8A Biomedical Grove
#01-17/18 Immunos @
The Biopolis,
Singapore 138648
Tel 64642007
Click www.onakagroup.com
for directions

theguardian

Acai is the ultimate superfruit, its reddish skin containing anthocyanins (plant chemicals that neutralise the 'free radicals' associated with disease and ageing) and other antioxidants. Weight for weight, acai contains 60% more antioxidants than the acclaimed pomegranate."

THE SCOTSMAN

"Acai, a purple wonder-berry which has twice the cancer-beating antioxidants of blueberries, is already a fashionable food in the United States, where scientists recently found it destroyed four-fifths of cancer cells."

Agenda

6:30pm Registration

7 – 7.20pm
Antioxidant Power by Pooja Vig

7.20 – 7.45pm
Active and Ageless with Acai by Eugene He

7.45 – 8pm
Simple cooking demo by Rosalind, Onaka Healing Kitchen. Recipes: Acai Smoothie & acai salad dressing



Discover

- * The importance of antioxidants for heart health, boosting immunity, and detox
- * What are acai berries?
- * The many health benefits of acai
- * How to incorporate acai berries into your daily nutrition

Taste a sample of acai berry juice...a delicious blend of chocolate and berries



About the Speakers

Eugene He

Eugene is an Australia trained naturopath with over 7 years experience in the health and wellness industry. He has received extensive training in herbal medicine, homoeopathy and nutrition and is also a certified hypnotherapist. Eugene has great interests in psychology and in the holistic management of mood disorders as well as anti-ageing medicine. Apart from consultations at 'The Happy Naturopath', Eugene also does individual and group health coaching in Singapore and Malaysia.

Pooja Vig

Trained as a microbiologist from the UK, and having worked in the healthcare industry for 15 years, Pooja started The Nutrition Clinic (www.thenutritionclinic.com.sg) with the objective of offering health optimization through nutrition. The Nutrition Clinic also runs workshops for companies and organizations. Pooja's perspective on health is highly sought after. She is on the Advisory Board of Shape Magazine and has written a popular column for The Straits Times' Mind Your Body supplement.