



SATURDAY, OCTOBER 5th 2019

THE BENEFITS AND SCIENCE OF INTERMITTENT FASTING & COLD PRESSED JUICE

WITH KUNIKO IIDA

At this point you have probably heard the term “intermittent fasting” You have probably heard about and maybe even had a few cold pressed juices. You have heard that these things are good for you and good for your health but don’t really know why. In this workshop we will discuss what certain dietary choices are doing to your digestive system, neurological health and enzymes, how this affects your ability to breakdown and absorb food, how it can lead to immune responses and allergic reactions and emotional changes. Most importantly we will go over why intermittent fasting can help with many conditions and what cold pressed juices do to your enzyme health and overall digestive well being.

This workshop will be in Japanese with an English translator



About Kuniko Iida

- Japan Enzyme Hydrogen Medical Cosmetic Society certified Fasting Professional
- BA Degree in Nutrition from Tokyo Kasei University with majors in anatomy, exercise physiology, pathology and nutrition.
- Yoga instructor and Kaatsu (pressure training) instructor.


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