



# CHOLESTEROL: The Billion Dollar Lie

PRESENTED BY:



**SATURDAY, FEBRUARY 25, 2012**  
11am – 12:30pm



CrossFit Adventure and Diablo CrossFit are teaming up to bring you the true story of cholesterol. Mounting evidence shows that our unrelenting desire to lower cholesterol levels has only served to line the pockets of the pharmaceutical companies. It's possible, in fact, that this campaign has been detrimental to our health by actually increasing the risks of coronary heart disease, cancer, and all-cause mortality. This is the story of cholesterol and saturated fat that they don't want you to hear.

Nathan will follow this information with a natural, cost-effective approach to reach your optimum health. He will be available afterwards to discuss a nutritive interpretation if you'd like to bring in your results including total cholesterol, HDL, LDL, triglycerides, and LDL particle size.

## **NATHAN BRAMMEIER**

Owner, CrossFit Adventure  
CrossFit Level 1 and Endurance Coach  
M.S. Organic Chemistry  
M.S. Human Nutrition  
Metabolic Typing® Advisor  
Functional Diagnostic Nutritionist  
Wellness Coach for Alta Bates Hospital

## **\*\$10 Pre-register**

\*Payment must accompany registration

**Be sure to Pre-Register.  
Walk-ins Not Accepted**

- Nathan's mission is to provide lifestyle education en route to empowerment.
- Learning from Nathan, you can take back control of your life.

REGISTER at Diablo Fitness Engineering:

[diablocrossfit.com](http://diablocrossfit.com) | [jamie@diablofitnessengineering.com](mailto:jamie@diablofitnessengineering.com)

Diablo Crossfit | 2447 Estand Way | Pleasant Hill CA 94523