



Cholesterol: The Billion Dollar Lie

Thursday, April 14, 2011

6:30 – 8:00 pm

CrossFit Adventure

1006 Shary Circle, Suite A

Concord, CA 94518

www.crossfitadventure.com

Free CrossFit Adventure Seminar

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.

At CrossFit Adventure, Nathan combines the best of Functional Diagnostic Nutrition and Metabolic Typing[®] with a proven exercise and recovery protocol. He works with the individual to identify and correct imbalances that lead to injury and disease. The end result of this individualized approach is a fulfilling, energetic, and balanced life full of vitality.

Nathan Brammeier

M.S. Organic Chemistry

M.S. Human Nutrition

CrossFit Level 1 and Endurance Instructor

Metabolic Typing[®] Advisor

Functional Diagnostic Nutritionist

Wellness Coach for Alta Bates Hospital

Discounts offered:

- 30% off any service purchased at the seminar
- 15% off any service purchased during your free 30 minute consultation (must sign up for consultation at the seminar)



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