

Epi-Paleo Teleseminar

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If you struggle with eating disorders, obesity or diabetes; or if you have a family history of Alzheimer's or Parkinson's, this webinar is **especially** for you.

The Epi-Paleo diet is different from the traditional Paleo template – it is rich in iodine and magnesium and gives you complete, optimal brain function. Remember, HEALTH STARTS IN THE BRAIN. The way the brain goes, your health goes.

In this teleseminar, we're going to explore:

- **The epi-paleo diet and how it affects the gut microflora.** As you know from the leaky gut series, a healthy gut is imperative to reversing disease and experiencing a great quality of life.
- **Iodine and it's relationship with thyroid functioning.** Iodine is the most important mineral in human optimization.
- **Learn why fish oil and seafood and shellfish are NOT the same** (quantum electron tunneling) – it's the difference that "creates" consciousness (gamma coherence) and reveals why anesthesia works. We'll also talk about fish oil, its antioxidant properties, and why it's been conserved by evolution for 600 million years by every nervous system and every animal on this planet, including dinosaurs.
- **The importance of DHA.** When its levels fall in the brain, so does cognition, making way for diseases like Alzheimer's, Parkinsons and Eating Disorders. Low DHA means you're more likely to have a stroke or seizures.
- **Why raw seafood is better than cooked seafood** when you have a human brain, and its affect on gut flora and brain growth.

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