

FREE! Nutrition Talk

WITH CLINICAL NUTRITIONIST AND AUTHOR DIANA ALLEN, MS, CNS

EATING FOR HEALTHY DIGESTION

Green Fields Market Meeting Room

Tues. June 23 • 6:00-7:30 PM

A HOLISTIC APPROACH!

- How and what to eat for better digestion
 - Useful herbs and supplements
 - Addressing chronic vs. acute symptoms
- Role of exercise, stress reduction and mindfulness



FOR MORE INFO, CONTACT DIANA:

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Diana Allen, MS, CNS is a holistic health educator, writer & clinical nutritionist in private practice at MONTAGUE INTEGRATIVE HEALTH, where her specialties include detox and weight loss, eating disorders, gluten & food sensitivities, traditional whole food diets and raw/living food nutrition.

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