

Guru & Associates Wellness Inc. will be offering a food support group, and cooking classes to help overcome Candida. Now a Self-Help Group is available to help you with the adjustments that need to be made to overcome this problem.

Alexandra Gellman has a Doctorate in Natural Medicine, is a Practitioner of homeopathy and Iridology, Grief Facilitator and Life Coach. She is an expert featured on television, magazines, radio and the Wall Street Journal. She helps individuals heal from chronic conditions by the elimination of fungus from the body.



PASSAGEWAY TO YOUR SOUL

- AVAILABLE IN AN E-BOOK OR HARD COVER

Guru's latest book is designed to aid individuals on their healing journeys through life, now in its 4th printing:

- ⇒ Why Do We Get sick?
- ⇒ How To Get Well
- ⇒ Menu Planning & Eating Out
- ⇒ Recipes to combat chronic illnesses such as Candida
- ⇒ Lots of inspirational ideas and information
- ⇒ **Send an email to get your FREE E-BOOK**



**GRIEF SUPPORT GROUP
SUPPORT YOUR HEALING
WITH OUR GRIEF SUPPORT GROUP
Grief comes in many forms -
It is about losses and life disappointments.
FOR DETAILS GO TO
THE BLOG AT WWW.UOUFC.ORG**

CANDIDA SELF HELP GROUP

***FOOD SUPPORT GROUP
TO HELP FACILITATE
YOUR HEALING***

Phone:

416 - 456 - HELP (4357)

or

416-929 - GURU (4878)

**WWW.ALEXGELLMAN.COM
WWW.GURUWELLNESS.COM**

healcandida@guruwellness.com

***PLEASE NOTE OUR NEW
MEETING LOCATION:***

**Trinity St Paul's United Church
427 Bloor Street West, Toronto**

***The Support Group meets from 7- 8:30 p.m. and is
complimentary.***

We will start with a 45 minute presentation on the topic of the evening, followed by group participation, questions and an exchange of ideas among the attendees.

The purpose of this group is to educate, and offer support with healthy food ideas and recipes.

FEAST WITHOUT THE YEAST - FOOD SUPPORT GROUP

Candida Albicans is an infestation of yeast due to many reasons - the primary ones being the use of antibiotics and a diet rich in refined foods. An overgrowth of yeast takes place in the gastrointestinal tract which leads to some of the following symptoms: chronic fatigue, lack of energy, loss of libido, depression, forgetfulness, flu like symptoms, PMS, itchy genitals in both men and women, bladder infections, frequent colds, bronchial problems, digestive disturbances, lack of concentration, vision problems, food and environmental sensitivities and many more.

CANDIDA

**Tuesday, February 28, 2012
7:00 - 8:30 p.m.**

INTRODUCTION TO CANDIDA & THE KEY FOODS TO AVOID



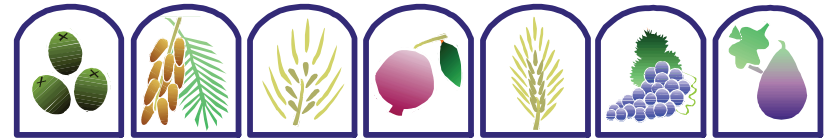
An introduction to what Candida is and how we contract it. We will review the significant symptoms, illnesses and conditions caused by fungi in the body, and the key foods to avoid. **Learn the 5 keys that will heal Candida.**

**Monday, March 26, 2012
7:00 - 8:30 p.m.**

IRIDOLOGY WILL REVEAL WHY THE BODY GOT CANDIDA



This fascinating evening will feature a presentation on what the eyes reveal - "The Mirrors of the Soul". Learn how to identify your personality type, your key physical issues and much more. Discover how emotional and physical iridology can reveal how the Candida condition developed and can be rectified. This modality has the ability to reveal the key to eliminating Candida completely through finding the emotional spiritual hole that allowed the condition to develop.



**Tuesday, April 24, 2012
7:00 - 8:30 p.m.**

THE ROLE OF GRAINS & FRUITS - THE PANCREAS CONNECTION

We will discuss the role of the "alternative" grains & fruits and how they affect Candida and your health. De-mystify the myths surrounding these foods. We will also discuss the role the pancreas plays in the body and its connection to your glycemic index.

**Tuesday, May 29, 2012
7:00 - 8:30 p.m.**

THE ROLE OF THE EMOTIONS & CANDIDA

The role of emotions and stress play a large role in having contracted Candida. Learn how to eliminate Candida through removing and working through emotional blocks. Discover how to release these blocks completely and thus eliminate Candida completely. This evening will also look at how to use California Flower Essences and Bach Flower remedies to help emotional and physical symptoms.

**Tuesday, June 26, 2012
7:00 - 8:30 p.m.**

HOW TO LOSE WEIGHT BY CONQUERING CANDIDA

Permanent weight loss eluding you? Lose a few pounds, only to gain them back the minute you eat a few carbs? Are you drinking lots of water and staying out of the summer swelter but still feeling swollen and bloated?

Get the skinny on how to lose the puffiness. I'll show you how to eliminate the yeast from your body (an aggravating condition called "Candida") that will facilitate your weight loss and lead to an overall improvement in health.