



[PURCHASE HERE](#)

1-HOUR VIRTUAL POWERPOINT PRESENTATIONS:

#1:

10 FOODS FOR PREVENTING COGNITIVE DECLINE

Research has revealed that there are specific foods and lifestyle enhancements that create a healthier brain and reduce your risk of cognitive decline. Learn simple steps for incorporating these into your daily routine.

#2:

SOOTHE YOUR ACHY JOINTS WITH ANTI-INFLAMMATORY FOODS

Joint discomfort stems from inflammation – which is also at the root of most diseases. Learn about anti-inflammatory foods that soothe aches while helping to prevent disease. Marie drills down the science into simple action steps that you can use at your next meal.

#3:

PRE-DIABETES & DIABETES: INSIDER-TIPS TO LOWER YOUR BLOOD SUGAR, DECREASE CRAVINGS, IMPROVE YOUR MOOD, AND HELP WITH WEIGHT LOSS

Learn Marie's easy tips that no one is talking about, that will make it so much easier to fuel your body and feel your very best by balancing your blood sugar levels all day long.

#4:

COMBAT VIRUSES & AGE GRACEFULLY WITH A NUTRITION PRESCRIPTION.

Based on Marie's **multiple award-winning book** (including the Reader's Favorite Award). Learn how to increase your resistance and the exact steps to take when you feel like something is coming on.

#5:

Q & A WITH MARIE: REPLACE CONFUSION WITH CLARITY

Marie will provide evidence-based answers to what's good, what works, and how to go about it. Participants submit questions at registration.

#6:

ANTI-INFLAMMATORY FOODS QUICK START - THE FOUNDATION OF WELLNESS

Learn Marie's top strategies for optimizing metabolism, balancing blood sugar, reducing cravings, increasing energy, improving skin, and preventing the common diseases associated with aging.

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[BUY MARIE'S AWARD WINNING BOOK HERE](#)