

*The Northern Virginia CFS/ME, FMS, OI Support Group presents*



# Optimizing Health

Saturday

April 21, 2012

2:00 - 4:00 pm

Sully Governmental Center  
James McDonnell Room  
4900 Stonecroft Blvd  
Chantilly, VA 20151

**Speaker:**  
**Bill Reddy**  
**Acupuncturist**

Professor at Virginia University of Oriental Medicine  
Director of the Integrated Healthcare Policy Consortium  
Former President of the Acupuncture Society of Virginia  
Former Vice President, American Association of Acupuncture and Oriental Medicine  
Studied under graduates and professors from Beijing and Shanghai medical schools.  
Author of over 60 publications/professional papers. Lecturer of Qi Gong and Tai Chi.

## **Learn about:**

- Cutting edge approaches to fatigue and chronic pain
- Changing eating habits to shed pounds
- Avoiding this food group if one has anxiety or insomnia
- Optimizing wellness with these three aspects of life
- What "Health Food" will keep women from getting pregnant
- What meal to never skip in a weight loss program
- What supplement relieves bloating or gas after meals
- Five strategies to relieve stress
- What popular multivitamins are better in your trashcan than in your body
- Key symptoms to look for if you have parasites

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