

Are you confused about artificial sweeteners?

Have you ever wondered about the effects of sweeteners on your body?

They offer a calorie free alternative to sugar but is there a cost?

Are there health conditions that can occur or be made worse due to their use?

Come to this fun and informative talk provided by

Debra Oria, MS, Clinical/Functional Nutritionist

of

Your Best Health, LLC

# How sweet it is!

*An overview of sugar, sweeteners*

*and*

*how they can affect your health.*

7pm, June 1<sup>st</sup>

@ Well Adjusted

499 Federal Road, #18

Brookfield, CT

Seating is limited –

Please RSVP to:

[drdebdlug@gmail.com](mailto:drdebdlug@gmail.com) or

[deb@yourbesthealthllc.com](mailto:deb@yourbesthealthllc.com)



**You're so sweet!**