

LET YOUR FOOD BE YOUR MEDICINE

BASIC NUTRITION

WITH DR. KEEFA LORRAINE WEATHERSPOON, N.D.

*Behold, I have given you every herb-bearing seed,
to you it shall be for meat.*

- Genesis 1:29

SUBJECTS COVERED INCLUDE:

VITAMINS AND MINERALS FROM A TO ZINC
AMINO ACIDS – THE BUILDING BLOCKS OF PROTEIN
ENZYMES: WHY, WHERE, WHEN
DEFICIENCY SIGNS AND WHAT TO DO ABOUT THEM
MAINTAINING A HEALTHY DIGESTIVE SYSTEM
ELIMINATIVE HEALTH AND COLON HYGIENE
ANATOMY OF THE ALPHABET



8 WEEK CLASS

THURSDAYS: 6:30 to 8:30 p.m.

BEGINS THURSDAY, JANUARY 5, 2012

COST: \$295

SANKOFA LEARNING CENTER

658 W. GOLDENGATE ST., DETROIT, MI 48203

- 4 BLOCKS SOUTH OF 7 MILE RD, WEST OF WOODWARD AVE -

- TEXT BOOKS AND \$15 NON-REFUNDABLE REGISTRATION FEE, ADDITIONAL -

ADVANCED REGISTRATION ONLY

313.366.5250 or 1.800.366.5250

www.SanKofaHouse.net