

Sally Fallon Tours New Zealand

www.westonaprice.org

A unique opportunity to hear Sally Fallon from Washington DC, author of the best-selling cookbook *Nourishing Traditions* and president of the Weston A Price Foundation, speak live. Find out about the amazing health benefits of traditional foods. Learn from the expert about:

- The pioneering work of Dr. Weston A. Price
- The vital role of animal fats in human nutrition
- The dangers of modern vegetable oils
- The dark side of modern soy foods
- How to prepare grains for optimal assimilation and digestion
- The health benefits of enzyme-rich lacto-fermented foods
- Why delicious sauces can be good for you
- Practical steps to change your diet for the better



Venue: Waikato University Management School
Gate 10, Silverdale Rd, Hillcrest, **Hamilton**

Date: Saturday, 12th May, 2007

Doors open: 12.30pm ~ **Start time:** 1pm ~ **Finish time:** approx 5.30pm

Price: \$35 at the door, or **\$29 early bird payment (by April 13)**

Contact: Ray Ridings 07 867 6809, ridings@wave.co.nz

Copies of *Nourishing Traditions* and limited supplies of other books will be available for sale or order before the talk and during the refreshment break.

Receipts, tickets & venue details will be sent by post; allow up to 2 weeks for delivery. Tickets may be transferred, but no refunds will be given. A full refund will be given if the talk is cancelled. **Seats are strictly limited so book early to avoid missing out!**

Other Venues

Invercargille:	May 5,	1pm to 5.30 pm	Contact Sherry Elton	03 213 1156	www.theslimshed.co.nz
Christchurch:	May 8,	7 pm to 10.30pm	Contact Kieran Whelan:	03 351 9733	Email: sundara12003@yahoo.com.au
Wellington:	May 10,	7 pm to 10.30pm	Contact Deb Guly	04 934 6366	Email: deb@frot.co.nz

To purchase your tickets for the Hamilton event:

Fill this in online and email back to: ridings@wave.co.nz

Or print out, fill in and post to:

Nourishing Foods, 15 Ridings Rd, RD 1 Paeroa. 3671

Name:

Postal Address:

Email:

Phone:

No of tickets required:

Tick if receipt required:

Payment methods:

Internet banking (please use your surname as a reference): 38-9006-0233551-00

Cheque: Made out to; Nourishing Foods, 15 Ridings Rd, RD 1 Paeroa. 3671

- Tickets, venue details and receipts (if requested) will be sent to you by post within 10 working days
- A full refund will be given if the seminar is cancelled
- There will be no refund on purchased tickets. Tickets may be transferred.