

FOOD FOR THOUGHT - TOWNSVILLE



presents

# CHEMICAL FREE

With Dr Sarah Lantz PhD, one of the world's leading experts on chemicals & their effects on the human body.

**Saturday 3rd November**

**1pm - 4pm**

**CWA Hall, 134 Denham St, Townsville**

There are over 100,000 synthetic chemicals available on the market. They are in everything from shampoo to hair dye, nail polish, perfume, moisturiser, food, water, toys, over-the-counter and prescription drugs, cleaning products and clothing. We ingest, inhale and absorb these chemicals every day.

**In this presentation learn:**

- What the toxic chemicals are
- How they get into the body
- The health problems they cause; and
- What we can do about it.

*Dr Sarah Lantz is a mother, writer, senior lecturer and researcher at the University of Queensland, and an all-round chemical conscious nut. She has a background in nutrition, public and environmental health, and specialises in the area of child and youth health and wellbeing. She is international speaker on the issue of chemical toxicity of the body and is the author of the bestselling book *Chemical Free Kids: Raising Healthy Children in a Toxic World*. See her website: [www.chemicalfreeparenting.com](http://www.chemicalfreeparenting.com)*

**Tickets: \$10 pp (includes Refreshments)**

**There will also be a Raffle.**

**Tickets are available from Plant Essentials, Flinders Street, Townsville or email your name and contact details to: [foodforthoughttownsville@gmail.com](mailto:foodforthoughttownsville@gmail.com)**

**LOOKING FORWARD TO SEEING YOU THERE!**

**A big thank you to Plant Essentials for sponsoring this event**

**[www.plantessentials.com.au](http://www.plantessentials.com.au)**

