

# HORMONAL BALANCE

## THE KEY TO LIFE, LOVE & ENERGY

Adapted from the published book penned by Dr. John Gray, Dr. Haresh would like to relate and share the best ways how men and women can harness the connection between stress, blood sugar, body fat, and behavior to create both lifelong passion and better health. Dr. Haresh will share and provide small steps for super-stimulating the hormones necessary to nourish a vibrant life. He will enlighten you on the "superfood diet, super exercise, and super sleep," which can be incorporated into any lifestyle, resulting in a whole new way of life.

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DATE

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8th OCTOBER 2011 (Saturday)

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TIME

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08.00PM - 09.30PM

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LOCATION

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Wellness Concept,  
Penang Office

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SPEAKER

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**DR. HARESH**


- BSc (Hons) Microbiology
- MSc (Microbiology)
- PhD (Medical Science)



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