



Community Health Education Presents

Eileen Kopsaftis, BS, PT, CAFS, MI, CHE, NE

“Food and Chronic Pain”



What you consume either promotes pain and inflammation in your body or fights it. There are no neutral foods or drinks or supplements. When it comes to pain, they either work for you or against you. When looking at the top ten reasons someone visits the doctor five of them are pain related. Back pain is the second most common cause for disability in the United States and over 80% of the population will experience back pain at some time in life. While there is more than one reason for back pain you may be surprised to learn that impaired

circulation can be a major contributing factor. There has been a focus for decades on circulation to your heart and your brain; but what about your spine? Do you believe it's important to know which foods protect (and can improve) your circulation?

Eileen Kopsaftis received her Physical Therapy degree in 1994. Since graduating, she has studied osteopathic manual techniques, become certified in Applied Functional Science and Health Education, trained in the MELT Method, and taught at Hudson Valley Community College and Wellness Forum Institute for Health Studies. Eileen has spent over 35 years researching the relationship between nutrition and health. She has studied under top medical experts very successful in the field of nutrition and disease recovery to earn her diploma as a Nutrition Educator. Her passion is to teach you how to achieve ideal health and pain-free living so you can have lifelong wellbeing. Join us to learn how food can either promote or eliminate pain in your body.

Saturday, March 23, 2019 at 10AM

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