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HEALTH & WELLNESS



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**December 8th 2017: Why thyroid health  
awareness is important for ALL women**

The thyroid affects our entire hormone balance and virtually every system in our bodies. Yet thyroid imbalances affect 1 in 5 adult women and are often either wrongly treated or not diagnosed at all, leaving millions of women suffering with terrible symptoms and no effective answers. This important conversation will detail why we can't rely on regular lab tests to know if our thyroid levels are where they should be, what we can do to take charge of our thyroid health for life, how to assure that we are in top thyroid health at any age.



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### Featured Guest



#### Robin Arutt, M.Ed., CH, HC

Robin Arutt, M.Ed., CH, HC is a Certified Herbalist, a Certified Infinite Possibilities Trainer, and a reknown Holistic Health Coach who specializes in thyroid issues and living well with chronic conditions.

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