

# Healthy You, Healthy Baby!

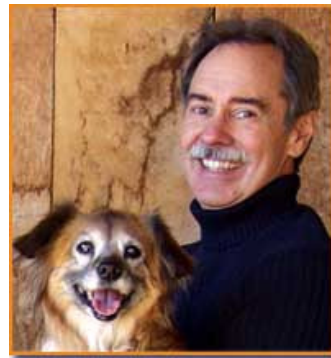
## Pregnancy Related Health Issues

*Free Introduction With Gail Smithson, LAc*

What to do before, during and after pregnancy to insure a healthy baby and avoid postpartum depression. Non-invasive, all natural.

**Learn:**

- To avoid post-partum depression with essential fatty acids**
- To control insulin and cortisol spikes that lead to inflammation and discomfort**
- To avoid leaky gut syndrome and its consequences**
- What you can do naturally for allergies, stress, nausea, discomfort and more**



*"Gail is a wonderful healer. I am a nurse and feel that the results I obtained with Gail are far superior to what I could have gotten with allopathic medicine." - T.R.*

**Saturday, April 21, 2011, 1:00-2:30pm at Smithson Clinic**

2825 Vallejo St. Denver, CO 80211

Cost: FREE, but must pre-register

**Call 303-762-8994 or e-mail [smithsondesk@gmail.com](mailto:smithsondesk@gmail.com)**

**Space is limited. Reserve your seat now.**

*H. Gail Smithson, LAc is state licensed and board certified (National Commission for Certification of Acupuncture and Oriental Medicine) in Acupuncture and Chinese Herbology. He has extensive additional training in energy techniques, including Body Restoration Technique (BRT), JMT Technique and NeuroModulation Technique. He is a gentle and caring practitioner, committed to health and wellness. To this end, he blends many approaches, working with you and the wisdom of your body to find the most effective treatments. For more information visit [www.smithsonclinic.com](http://www.smithsonclinic.com)*