



NAIW (International)
THE NATIONAL ASSOCIATION OF INSURANCE WOMEN, (INT)

Association of Choice – Represented by Diversified Professionals

Providing a forum to learn about other disciplines in the insurance industry

October 11, 2008

Gerard Guillory, M.D., was the keynote speaker at our recent Colorado Council annual meeting. His presentation, Ten Steps to Better Health, was so informative and helpful that it already has led many members to take steps to improve their own health.

As women who work in the highly stressful insurance business, we are all aware of the need to lead healthier lives. Dr. Guillory's presentation provided straightforward, easy-to-implement steps toward that objective. His suggestions include adding probiotics and nutritional supplements to the diet; avoiding foods that contain trans fats, aspartame and monosodium glutamate; and reducing inflammation, which can help delay or even reverse the aging process.

Our hope is that those who attended the presentation will pass Dr. Guillory's message to those who didn't attend. Much of the information presented by Dr. Guillory also appears in news and educational articles that appear on his Website, www.thecaregrouppe.com.

Thank you, Dr. Guillory, for the inspiration and knowledge you have given us.

Nancy J. Edmonson, Meeting Chairman
Insurance Women of Denver, Founding Association of the
National Association of Insurance Women, Int.