

Dear friend

Vita LifeSciences Health Seminar

Vita LifeSciences is an Australian owned nutritional and complementary health supplements Company that is dedicated to your health. We publish breaking news on health related matters, and conduct series of health seminars and talks throughout the Asia Pacific – all aimed at educating the public in order to take care of their health which is the greatest asset of mankind.

Once again, we are pleased to invite you and your friends to attend our Vita LifeSciences Health Seminar Series number 11/2008 entitled “**Anti-Aging is Not About Looks Only! It reflects your state of health too.**” by **Dr Haresh Kumar Kantilal**.

At the end of the seminar, our speaker will answer any questions that you may have. So, please join us and at the same time take advantage of the surprise free health tests and samples offered on that day.

Kindly contact **Ms Cheryl** or **Ms Zoe** at **03-7725 8881** or email to **events@vitalife.com.my** to confirm your attendance before the talk.

Looking forward to see you at the above seminar.



Date: 27th July 2008
Time: 2.00pm - 3.00pm
Venue: VitaLife HQ, PJ
**Refreshment will be served*

**Admission
FREE**

**Anti-Aging is Not About Looks Only!
It reflects your state of health too.**

Do you know...

- Our skin is the largest organ and one of the most hardworking organs of the human body. It comprises almost 20 square feet in most adults and accounts for about 15 to 20% of total body weight.
- What causes aging, premature aging?
- What are the unhealthy lifestyle habits or environmental factors that accelerate aging?
- When does the aging process in our skin start and what are the signs of it?
- Aging can be caused by free radicals which also cause many other health related problems.
- What are the common habits that increase the level of free radicals in our body?
- What can we do to have healthy, vibrant skin which makes us appear younger than our actual age?
- What are the anti-aging treatments available and do they really work?
- What are the risks associated with the available anti-aging treatments?
- How can we boost our skin's natural UV-filtering property that protects against UV sunburn and skin cancer?
- What are the types of food that nourish and improve structure of the skin?
- What causes skin discoloration – hyperpigmentation, freckles, age or liver spots – and what can be done about them?
- What can be done to compensate for the degradation or loss of collagen and elastin, which causes wrinkles and fine lines?
- What can we do to reduce or prevent worsening of spider veins, varicose veins and dilated capillaries which are common among the aging population?



*Come to our seminar and find out more
for your benefit as well as your loved ones!*