

“A Decaf, Gluten Free, Energy-Filled Life”

(A life changing 2 hour 45 minute presentation by Freddy Moyano)



What happens when you take gluten and caffeine out of the equation? Do you listen to your bodily needs on a daily basis or you inadvertently force the machine to the point of exhaustion?

Freddy Moyano will show you how he lived this course and how he went from a not-by-choice abstinence/state of frustration to a stress free, cannot-do-without lifestyle. His guidance will cover herbal life (ginger, curcumin), vitamins (the B family), as well as the power of enzymes and their role in digestion, absorption and how to make the most out of repurposed energy. Your caffeine crashes will be long forgotten after this class. Your celiac life and/or your digestive process will shine at their best comfort level with the self-taught angles Freddy will offer. In time, you will be prepared to embrace essential vitamin supplements and the benefits of herbal life like you never did before.

This presentation will cover the following topics:

BODILY AWARENESS:

- *FREEDOM TOWARDS BETTER HEALTH: gluten, celiac disease, symptoms, data*
- *CAFFEINE = “FALSE ENERGY”: limitations, ginger, curcumin*

FURTHER YOUR ENERGY:

- *FOCUS ON TWO B- VITAMINS*
 - *B1*
 - *B3*
 - *B-“THIEVES”*
- *ENZYMES: sucrose, amylase, papain*
- *CHROMIUM: a “hidden” mineral*
- *YERBA MATE, ROOIBOS, REISHI, CHAGA, PU-EHR TEAS*

(Tea tasting is available at the end of the presentation)

Why is this presentation beneficial to me? This seminar is for you if you are gluten intolerant, if you are a new or a seasoned celiac patient, if you are a diabetic patient and/or are looking for natural ways to control your blood sugar. This is also very beneficial for those of you who are looking for healthy alternatives to caffeine or 5 hour energy drinks due to low caffeine tolerance or bad side effects from caffeine. Other benefits: Losing weight,

living a longer and healthier live (anti-oxidation power sources), increasing your good cholesterol (HDL) or lowering your bad cholesterol (LDL).

Our Speaker



Alfredo "Freddy" Moyano has been a celiac patient for over six years. Born and raised in Spain and with over 14 years in the US, he has spent the last 6 years of his live helping others with verified and self taught information about repurposing and making the most of body energy. He majored in Communication at Universidad Complutense in Madrid, Spain. His passion for traveling has never been diminished by his celiac

condition and other intolerances he has encountered and learned to keep under control in the course of time. In 2016, he created Moyano Lingua Consulting and Productions, LLC™, developing and translating written content in English, Spanish and French (languages he is fluent in) for clients around the globe. His research of over 6 years along with his endless positive determination and a touch of sense of humor is now brought to you/your community in just under 3 hours.

Presentations available in English and in Spanish.

Here is a link to a 3 minute segment of one of Freddy's presentations (in Spanish) in Los Angeles = <https://youtu.be/k8ncm7TOFxo>

SPEAKER'S CONTACT INFORMATION:

Moyano Lingua Consulting and Productions, LLC™

<http://moyanolingua.webs.com>

TO BOOK FREDDY (TO SPEAK ANYWHERE IN WISCONSIN AND IN SOUTHERN CALIFORNIA) AND FOR RATES, PLEASE CONTACT HIS AGENT:

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