

# SECRET FAT BURNING FOODS

with Dr. DelRae Messer

**Tuesday May 24th at 6:30 PM**



*DelRae Messer • Miss Fitness  
Minnesota 2010*

- **No starvation or Calorie Restriction**
- **Top 5 fat-burning foods**
- **Eat what you love and lose weight**
- **Healthy fast food options**
- **Most important meal of the day**

**HEALING TOUCH CHIROPRACTIC**

45 21st Ave. East Unit D • West Fargo, ND 58078

This is a FREE national event....  
Seating is limited to the first 40 people.  
**RSVP: [lyndi@htchiro.com](mailto:lyndi@htchiro.com)**