



Food For Thought

- *How food affects the way we think, feel and act*
- *Practical advice for positive dietary changes*
- *Does food affect success in school?*
- *Are you maximizing your potential?*



January 27, 2011 7pm—9pm

Brookfield Central High School, Cafeteria

16900 W Gebhardt Rd, Brookfield

Presented by

- *Dr. Debra Muth, ND, APN, WHNP, BSN, MSNH, BAAHP*
- *Elise Trasser, B.S., D.H.S., M.S.O.M. – Resident*

Both speakers are associated with **Serenity Health Care Center**
2607 N Grandview Blvd, Waukesha, WI

Lecture followed by A Taste of Health,
Recipes and Samples from 8:30pm to 9:00pm

Reservations are not necessary, but to aid in planning, an RSVP is greatly appreciated.
To RSVP or for more information please email: ParentNetwork@elmbrookschools.org

Speaker Bios

Debra Muth, ND, APN, WHNP, BSN, MSNH, BAAHP

Dr. Muth is a physician who literally "healed herself." While in her twenties, serious health problems began to interfere with her career. After mainstream doctors failed to help her, she began investigating natural medicine to restore her health. The many holistic disciplines she discovered improved her health so dramatically, she earned credentials in them in order to help others.

Dr. Muth is an established and well respected educator, nutritional consultant, author and lecturer and speaker in the growing field of integrative medicine. Her expertise in Bio-identical hormone therapy, nutritional medicine, and sexual therapy, including an interactive patient model, led to her *Hormone Rejuvenation* program. An active health professional for almost 15 years, Dr. Muth is Vice President and co-owner of Serenity Health Care Center, a successful Anti-Aging and Restorative medicine Clinic in Waukesha, Wisconsin. She actively cares for patients out of their two locations in Brookfield and Waukesha, Wisconsin.

Elise Trasser, B.S., D.H.S., M.S.O.M.- Resident

Elise Trasser is a Wellness Practitioner with an emphasis in Integrative & Complementary Health Services, with a focus in Holistic Nutrition. Elise is a successful life coach and has worked with hundreds of people to assist them in creating the life they dream of. Her belief is that the body will respond innately to healing itself if given the proper support and nutrition. She has been in active practice for more than ten years. She is well respected by her clients and colleagues for treating her clients as individuals. Elise works with a wide variety of health concerns ranging from chronic illness, digestive health, athletic performance, and general wellness education.

Elise received her Bachelor of Science Degree in Psychology from UW-Madison. She is a Loomis Digestive Health & Enzyme Therapy Specialist, and has achieved post-graduate work from Clayton College of Natural Health and The Holistic Medicine College of Wisconsin. She received certification as a Life Coach from the Coach For Life model, an ICF accredited program. Elise is currently a resident of the Midwest College of Oriental Medicine; pursuing the Master's of Oriental Medicine & Acupuncture certification. She is the mother of two children, both whom are currently enrolled in the Elmbrook Public School system. She receives a lot of satisfaction working with the community and individual family needs regarding health education.