



10/26/07

Mr. Gordon Gacek
Director, Community Relations
Natural Healthcare Center
10 West End Court
Long Branch, NJ 07740

Dear Mr. Gacek:

As the Site Manager for Blackhawk Management Corporation, the care and welfare of my employees has always been vitally important to me. To help them maintain a healthy lifestyle while at work, I was gratified that lectures by Dr. Proodian were available for our lunchtime learning. Our first introduction was *Feel Better, Function Better, Live Longer*, an overview of general health. Dr. Proodian is an impassioned speaker who introduced us all to the "do's and don'ts" of a healthy life style. He taught us how to eat better for health, how to feel better in the body you have, how to stay healthy with the proper vitamins and minerals, and how to shop for those supplements.

Our second lecture was on how to maintain and empower our immune system naturally. With the cold and flu season coming, once again we asked Dr. Proodian to come back and show us how to fight off colds and flu through better nutrition and specific lifestyle changes. Dr. Proodian provided insight on how to read the ingredients of food products, what to look for and what to avoid. It seems as I spoke to all the attendees of the class, that each person took something away with them that pertained to their own personal style of living.

Thanks again for being here...many have benefited from the "Dr. Proodian experience".

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