

Media Release

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FOR IMMEDIATE RELEASE

Be Good To Your Whole Body

New at Santa Monica Whole Foods Market, FREE four-part lecture series on maximizing your skin's health and beauty, hosted by renowned dermatologist, Julia Tatum Hunter, M.D.

Beautiful, glowing skin and health starts here. Dr. Hunter gives us the latest information on skin care and without health there is no beauty, and how to tackle and do away with problems: whether it's acne, dull or uneven skin tone, fine lines & wrinkles, brown pigment, hormonal imbalance, chemical overload, puffiness or bags, nail or hair issues or stretch marks, the doctor will address your concerns. After all, Dr. Hunter obtained her in-depth and overview knowledge and insight on skin treatments and specialized procedures from working with practitioners, estheticians, herbalists, both Eastern and European, and with specialists in plastic surgery throughout the world. She will also be giving free consultations and available to answer questions. The evening will also be hosted by a number of Whole Foods Market Merchants with tons of samples. You can also enter to win a raffle contest gift basket valued over \$100. Nobody goes home empty-handed, free Whole Foods Market goody bags for all.

Dr. Hunter, founder of Skin Fitness Plus, in Beverly Hills, CA. creates healthy bodies and healthy, beautiful skin in a "wholistic", anatomically and physiologically correct method, *addressing the skin from the inside and out* to slow down the ticking of the clock. Dr. Hunter combines an individually prescribed plan of essential "what does your body need, want and not want" supplementation, nutrition, exercise, and bio-identical hormones, with therapeutic, anti-inflammatory, non-toxic, scientifically-correct products, peels, laser and tightening procedures to *deliver the maximum in anti-aging*. Dr. Hunter works with men, women and teens, providing pragmatic, doable solutions to treat acne, aging, skin diseases and promote skin restoration and prevention. She is a noted speaker on anti-aging, ingredients in foods, skin, supplements and nutritional products and the imperative of treating *all the pieces of the body's puzzle*. Dr. Hunter developed the scientifically correct, yet simple formula for science vs. commerce and how to live life and be *young at any age*. Learn more about Dr. Hunter at www.skinfoitnessplus.com.

All Whole Foods Markets are very unique and usually reflect the community and environment in which they thrive. Santa Monica Whole Foods Market mirrors the avant-garde nature of its hip and celebrity clientele, offering only state-of-the art quality products and information. Learn more about Santa Monica Whole Foods Market at www.wholefoodsmarket.com.

Lecture Series Schedule:

Location:

Santa Monica Whole Foods Market
2201 Wilshire Blvd. Santa Monica, CA 90403
Phone: 310-315-0662

Lecture 1: Foods that Maximize Your Skin's Youthfulness Part I

Wednesday October 15th

FREE

7pm

Dr. Hunter will walk us through the store and show us all the hidden items that can unlock the mystery to a glowing complexion. In fact, this do-not-miss-event will give you food tips that will benefit your overall health and well being.

Lecture 2: Foods that Maximize Your Skin's Youthfulness Part II

Wednesday October 22nd

FREE

Dr. Hunter continues the personal store tour letting us taste and touch the magical foods that restore and balance our skin.

Lecture 3: Healthy, Beautiful and Youthful Skin through Nutritious Supplementation and Balanced Hormones

Wednesday October 29th

FREE

7pm

Beautiful skin starts from the inside out! In addition to your essential vitamins and minerals, Dr. Hunter will open your eyes to a new & exciting world of supplements and the correct hormones to healthfully replenish your body and rebalance your system naturally. Genes, diet, stress level, age and even medications can affect your skin and hormones. Have an experienced M.D. help you revitalize your personalized skin and body health regimen from the inside out.

Lecture 4: Choosing the right Make-up and Skin Care Products for the Best Complexion

Wednesday November 5th

FREE

7pm

Contrary to popular belief you do not need harsh chemicals to solve your skin problems. Dr. Hunter gives us the most suitable skin care regimen for our individual needs to achieve and maintain a healthy glowing complexion with products that help - not harm the skin. Also, get the latest trends in color and make-up application.

Dr. Julia Tatum Hunter is not an employee of Whole Foods Market and Whole Foods Market does not necessarily share her views. Whole Foods Market disclaims any and all liability for the information provided herein.

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