



# PPSEAWA – USA, N.Y. Chapter

Pan-Pacific and South East Asia Women's Association of the USA, Inc.  
CONSULTATIVE STATUS CATEGORY II WITH THE UNITED NATIONS  
Accredited to the United Nations in association with Department of Public Information

Dear Members and Friends,  
You are cordially invited to attend the November Program featuring

**Thursday, November 7, 2019 at 3:30-5:30pm**

**Church Center for the United Nations**

777 1st Avenue at E 44th St., 10th Floor  
New York, NY 10017 (entrance on 44th St.)

## "Nutrition Cognition"

**Beat the High Cost of Healthcare by Staying Well**

**- By Dynamic Speaker Sylvia Burnett Elbaz, M.S., C.N.S. -**

**A Nutritional Consultant** is a certified Health Professional, trained to apply the science of nutrition to:

- maintain good health
- prevent disease and dysfunction
- treat nutritional disorders

**You Can Benefit From the Services of a Nutritional Consultant:**

- If you have general fitness concerns, such as weight management, physical stamina, and/or improved wellness.
- If you want a nutritional evaluation along with your regular physical check-ups.
- If you have: Stress, Headaches, Indigestion, Environmental Sensitivities. Hair and Nail Problems, General Fatigue.
- Or more serious concerns, such as arthritis, osteoporosis, drug and alcohol dependencies, eating disorders, respiratory or cardiovascular problems.

**You And I Will:**

- Examine your health history and symptoms.
- Assess your nutritional, structural, and physiological needs, using several non-invasive modalities, such as Contact Reflex Analysis, Autonomic Response Testing, Total Body Modification, Neuro Emotional Technique, Thought Field Therapy.
- Determine the appropriate natural products (including food supplements, herbs, homeopathics) you require to enhance the ability of your body to heal itself
- Design your individualized nutrition plan including food preparation instruction, if needed.
- Develop new lifestyle attitudes conducive to your good health

**Sylvia Burnett Elbaz** is Host and Executive Producer of the award winning television cooking show, Health's Kitchen. She has been interviewed on nutrition by CNN, Bronx news 12, TV Globo (Brazil), Tokyo TV, Woman Today (South Africa), and on radio by Gary Null (WBAI). She served as nutritional consultant to Hale House in New York City. Sylvia Burnett Elbaz is a frequent lecturer to community organizations. An adjunct instructor at Nassau Community College and Kingsborough Community College, Sylvia Burnett Elbaz has contributed to the widely used college textbook, Core Concepts in Health. Ms. Elbaz brings to the field of nutrition prior experience as a New York City Department of Health Microbiologist and New York City Middle School science teacher.



**Sylvia Burnett Elbaz**  
Nutritional Consultant

M.S. & Certified in Clinical Nutrition,  
College of Health Science,  
University of Bridgeport

M.S. in Education, Brooklyn College  
City University of New York

Licenses and Certifications:  
New York, Florida, Maryland.

Refreshments will be served for you to chat with old friends and make new ones.

RSVP now

Lady Francesca Todd : 212-245-0652 Vera Olichney : 212-673-2466 volichney@hotmail.com  
Carol Tonsing : 212-877-3138 Patsy Fang Chen : 917-912-8288 patsychen@aol.com

**Please Mark Your Calendar for our Holiday Party!! Friday, December 13, 11:45 AM**  
**3 WEST CLUB 3 W 51st St., New York, NY 10019 (off 5th Ave) Program will follow**