



# BODY. BRAIN. BIOME.



## GET FIT IN 2019

A fit **body** begins with mental wellness, and the key to a healthy **brain** is the gut micro**biome**. Body. Brain. Biome. **Project b3**. The holistic solution to a healthier well-being.



### Learn More

**Friday, February 8 | 6:30pm – 8pm**  
**Aloha Chiropractic, 2930 East Mānoa Rd.**  
Additional Project B3 details  
at: [www.amare.com/projectb3](http://www.amare.com/projectb3)  
Questions: [Debbie Zimmerman](mailto:Debbie Zimmerman) | 202-0044 | [debbiez@hawaii.rr.com](mailto:debbiez@hawaii.rr.com)

*“Desperate for more sleep, going through post-partum weight loss, and wanting an end to exhaustion, I joined the Project b3 pilot program. I’ve gotten all of that resolved and so much more. Within a week, I started feeling different and two months in, I feel like a new me. I’m more patient, more calm, the weight is coming off (without any huge changes to my diet), and I’m actually sleeping through the night. I’ve come out of a brain fog I didn’t even know I had! The last two years, I’d fallen into a shell of my original self and I finally feel whole again – something I didn’t think was possible.” ~ Caitlin M.*

### Meet Project b3 Creator **DR. SHAWN TALBOTT**, Featured Speaker

Chief Science Officer and Founding Executive  
PhD, CNS, LDN, FACSM, FAIS, FACN

Dr. Shawn Talbott has brought more than 20 years of experience and research to the development of the Project b3 program and Amare products. An athlete himself, Dr. Shawn has competed at the national and international level in rowing, cycling and triathlons. He is a Fellow of the American College of Nutrition, the American College of Sports Medicine, and the American Institute of Stress. Dr. Shawn has been featured on "The Dr. Oz Show," the TED stage and the White House.

