



2017 Educational Lecture series

“45 Minutes” that you don't want to miss!!!

January: Weight Loss — Do it the healthy way!

- * **Want to look good, feel great!** Some forms of weight loss can be harmful to your health. **Do it the right way!**
- * **Lose weight and gain health** at the **same time**
 - Find out which **diet is best** for you
 - There are many diets out on the market claiming to be the best. Learn how to incorporate the best one for yourself
 - **Speed up your metabolism**
 - Gain a better understanding of all the factors that play a role in your metabolism and work on improving your body's own metabolic speed
 - **Lose the fat, lose the chemicals**
 - There are numerous dangerous chemicals that are actually stored in your fat. Give the body a healthy loss of these harmful chemicals while at the same time helping the body to metabolize and lose the “Toxic Fat”.
 - **Enhance** your **current weight loss program**
 - As part of your New Years resolution, you may have already purchased or are actively participating in a weight loss program. Make the best out of these programs.

February: Proper blood flow — It's the 'Heart' of the matter!

- * **All tissue, organs, & body systems** ultimately rely on **good circulation**
 - *Poor circulation is a hallmark for the aging process and an inability to properly repair from damages and function appropriately.*
- * You don't want to miss this lecture If you are afflicted with any of the following:
 - poor circulation
 - heart condition
 - diabetes
 - high blood pressure
 - low energy & libido
 - aging

March: Energize your body — Perform at your Peak

- * The key to **human performance** and **vitality** is to have **good energy**
- * Vital energy allows the body to **repair damaged tissue**, **regenerate new tissue** and **new blood vessels**, have a **strong immune system**, **quicker recovery** and **many other health benefits**
- * Get your body to the next level and join this lecture

April: Time for Spring Cleaning — Detoxify the body!

- * Feeling **toxic, slow, run down** — well, It's **time for an annual cleanse**
- * The ***air that you breathe***, the ***water you drink***, and the ***food that you eat*** are all laden with **dangerous chemicals** that slow down the body.
- * Learn how to help your body to **safely eliminate these dangerous chemicals out of your body**
- * The health affects are dramatic for the **immune system** (especially those diagnosed with **cancer**), the **brain/nervous system**, and the **hormonal system** in your body.

May: Mental Clarity — Keep your mind ... working!

- * Tune up your **memory**, gain better **focus** and **attention**, and improve your **memory** and **reaction time**!
- * This lecture applies to **all ages**; **children & students** looking to achieve **better results in school**, **adults at work**, and the **elderly** with **short-term memory decline**

June: Skin Deep — Time to look good & radiate your beauty!

- * We will cover ways to improve the **quality of your skin** for those who have skin problems like:
 - acne, psoriasis, eczema
 - wrinkles
 - sagging skin
 - cellulite
 - dry skin
- * Learn the essentials of **proper skin care techniques** and find out what **beauty products** are right for you (from *facial products* right down to various *sunscreens* out on the market today)
- * Keep in mind, for the best, long-lasting results, beauty works from inside out

July: Take a break and relax — Enjoy your summer

- * The summer is a time to receive a true gift from nature — R & R!
- * **Chronic stress** and **anxiety** can take its toll on the **human body** and it is from a cumulation of **stressors** that can be related to your *diet, lifestyle, environment, emotions*, and even *bacteria/viruses* inside your body
- * Take *our simple 5 minute task* that will **help you identify the true stressors** in your environment
- * Learn simple techniques that will **help your body 'de-stress'**

- * **Build up** the body's **stress-handling capabilities** so that you can *effectively improve your body's reaction to stressors*
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August: Summer love — Time to get Fertile

- * **Reproductive problems** including *fetal development* is now becoming a **major concern** and *fertility rates* are at an all-time low.
 - * Rates of developmental disorders like **autism** are **sky-rocketing**
 - * This lecture is **critical for those** who wish to:
 - **Improve your fertility** (for both women and men!)
 - have a **healthy pregnancy**
 - increase the chance of having a **healthy baby**
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September: Stay Positive — Don't Be Depressed!

- * **Depression** is a year long **struggle** for many people and for those seasonal sufferers, September is the month that it will normally start
 - * Tackle this *treatable disorder* through a **step-by-step approach** and **guideline** that **will be revealed** during this presentation
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October: Support your immune system — Don't get sick!

- * As **winter approaches**, the most vulnerable **organ system** in the body is the **immune system**, *particularly* for **the elderly**
- * **Immunotherapy** is a **biological therapy** that focuses on **building the immune system**, *rather than focusing on the infection*.

- * **This presentation** will go over the *pillars of immunotherapy*, giving you a chance to have the **strongest possible immune system** for the upcoming winter months

November: Pain Management — There is an alternative!

- * **November** is a time that many “**snow birds**” travel to warmer climates to help manage their **arthritis** and other **pain disorders**!
- * It's been reported that over *1/5 of North Americans suffer from inflammatory-pain related disorders* and are taking medications
- * This lecture will focus on **cost-effective pain management** from home techniques to in-clinic services

December: Insomnia — Time to sleep!

- * While some **animals hibernate** for months during the winter, many **humans** cannot even get **one night** of **good sleep**!
- * **Sleep** is when **the body repairs** and **regenerates** tissue and gives much needed rest for the body.
- * Find out how you can **improve your sleep** and your **quality of life**

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A SPECIAL PRESENTATION IN **OCTOBER**

Cancer — What you need to know

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