

The Science of Natural Healing

Thursdays 1:45PM-3:30PM

- 1. Shifting the Health-Care Paradigm**
Understanding Holistic Integrative Medicine
- 2. You Are More Than Your Genes**
Food Matters
- 3. Not All Foods Are Created Equal**
Natural Approaches to Inflammation
- 4. Food Sensitivity and the Elimination Diet**
Vitamins and Supplements
- 5. Herbal Remedies**
Lowering Cholesterol Naturally
- 6. Treating High Blood Pressure Naturally**
Treating Diabetes Naturally
- 7. Stress and Mind-Body Connection**
Turning Stress into Strength
- 8. Meditation, Yoga, and Guided Imagery**
Natural Approaches to Mental Health

9. Biofield Therapies
Components of Spiritual Wellness

10. Applying the Lessons of Natural Healing
Healthy People, Healthy Planet

This course will teach you everything that you need to know to stay healthy from a mind-body-spirit perspective. Whether you are seeking solutions to common diseases or wanting to achieve optimal health, this course will explore simple solutions that can be put into practice immediately. Health is our greatest wealth, and with simple tools and practical solutions, it is absolutely possible to achieve. ■

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SOURCES: Webb MD, Wikipedia, local and national newspapers, Consumer Reports, Skeptic Inquirer, Health Technologies, History Learning Site, American Board of Medical Specialties, Medscape, AARP, Mayo Clinic Health Letter, Nutrition Action, Harvard Medical School, and various one time articles to be identified when used.