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
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.