

“Brown Bag” Lecture Titles



Lectures included in our Corporate Services brochure:

- Naturopathic Approach to Stress and Insomnia
- Natural Alternatives in the Treatment of Heart Disease
- Arthritis without Drugs
- Safe, Effective Weight Management
- Optimizing Immunity
- Understanding Food Labels
- Nutrition for the Whole Family
- Celebrating Pregnancy

Other available lectures:

- Introduction to Naturopathic Medicine
- Spring Detox
- Smog Alert
- Aging and Mental Function
- Prevention of “Men’s Cancers”
- Mind-Body Medicine: It’s All in Your Head
- Nutrition 101: Everything You’ve Always Wanted to Know but Were Afraid to Ask
- Menopause Demystified

