

HEALTH EDUCATION LECTURES

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1. COLON CLEANSING:

The digestive system and how it works

The many functions of the colon

Benefits of colon cleansing

How to maintain a healthy colon

2. DETOXIFICATION

What are toxins?

The phases of detoxification of the liver

Other organs of detoxification: skin, colon, lymphatic's, and kidneys

How to detoxify safely

3. INTEGRATIVE MEDICINE: THE BENEFITS

How to choose an integrative Doctor

Comprehensive assessments

Nutritional assessments and consultation

Alternative and or complementary treatments to pharmaceuticals

The treatment of the root cause versus treatment of symptoms

Patient education is empowering the patient

The patient is at the center of the medical team

4. CANCER SUPPORT GROUP

A source of solidarity for the patients

The fear factor must go

A source of information on the newest information

"Beating cancer with nutrition"

Mind body spirit connection

5. INTEGRATIVE MEDICINE AND HEART DISEASES

Reducing the risk factors: hypertension, diabetes, hyperlipidemia

The importance of addressing early to risk factors such as fibrinogen, cardiac C-Reactive

Protein, homocysteine and many more

Heavy metals and heart diseases

Alternative therapies to open heart surgery

Chelation therapy

You need good fats in your diet