



## **August 2017 Healthy Seminars**

### **Summer Sun Can Wreak Havoc On Our Skin!**

Learn how to treat and prevent sun damaged skin using natural Dr. Hauschka skin care products! There will be luxury sample bags for all who sign up and free gift with any Dr. Hauschka skin care product.

**Presented by:** Linda Stasiak, Licensed Holistic Esthetician

**Hampton Bays:** Tuesday, August 1<sup>st</sup> 6-7pm

### **Alexander Technique**

Learn how to use your body naturally, conserve energy, reduce and prevent back and neck pain and improve breathing voice and posture. Feel more energized and positive!!

**Presented by:** Gary Adelman, Certified Instructor

**Huntington:** Tuesday, August 1<sup>st</sup> 7:30-8:30pm

### **Hypothyroidism: Diagnosis & Natural Treatment**

Could you be one of the millions of Americans who is needlessly suffering because your under-active thyroid has defied diagnosis? The many causes of hypothyroidism will be covered. With the aid of case studies, Dr. Debe', will discuss how a personalized natural program can improve, sometimes even fully restore, normal thyroid function.

**Presented by:** Dr. Joseph Debe', Board Certified Nutritionist

**Oceanside:** Thursday, August 3<sup>rd</sup> 7-8pm

### **How to Stay Young your First 100 Years!**

#### **Exercising's Vital Role in your Current and Future Mobility!**

Learn how your body is made for motion all day long and all lifelong. Learn some simple techniques to ensure your core strength and durability. Learn some simple secrets to keep you moving now and in the future.

**Presented by:** Dr. Neil Donohue, DC & Wellness Consultant

**Hampton Bays:** Thursday, August 3<sup>rd</sup> 6-7pm

### **Meditation Seminar**

Come learn techniques to remove stress from your life! Followed by a guided meditation that will leave you feeling relaxed and inspired!

**Presented by:** Terry Corr, Reiki Master & Certified

**West Islip:** Saturday, August 5<sup>th</sup> 11am-12:00pm

### **What Position does the Chiropractor Play in Sports?**

How would you like to increase your performance by 10 percent?

Learn how huge a difference a ten percent increase in performance can be. Learn how this can happen for you! This is both for the professional athlete and all others who enjoy any level of activities.

**Presented by:** Dr. Neil Donohue, DC & Wellness Consultant

**Hampton Bays:** Tuesday, August 8<sup>th</sup> 12-1pm

### **What your Doctor hasn't told you about Cholesterol!**

If you want to have a more thorough and empowering knowledge of cholesterol, you need to attend this lecture by Dr. Debi', board certified nutritionist.

Learn the shocking truth about the benefits and side effects of cholesterol lowering medications. Find out what causes high cholesterol in the first place.

**Presented by:** Dr. Joseph Debe', Board Certified Nutritionist

**West Islip:** Thursday, August 10<sup>th</sup> 7-8pm

### **"Cellular Detox" You Could Be Toxic! Find Out! Find Answers!**

Learn why most detoxification programs don't work and are dangerous! Find out which toxins effect hormones and weight loss and what true cellular detox is and how you can transform your health!

**Presented by:** Dr. Anthony Caliendo, DC

**West Islip:** Friday, August 11<sup>th</sup> 4:30-5:30pm

### **Reiki/Meditation Seminar**

Join Patti Alessi Reiki Master teacher and learn the benefits of Reiki, followed by a guided meditation and mini-Reiki session. A beautiful blend!

**Presented by:** Patti Alessi, Reiki Master Teacher

**Hampton Bays:** Monday, August 14<sup>th</sup> 5-6pm

### **Natural Management of Autoimmune Disease**

There are more than 80 different autoimmune diseases affecting about 70 million Americans. Join Dr. Joseph Debe' and learn about new lab tests that can identify the contributing factors to autoimmune disease and the natural treatments that can be employed without causing major side effects.

**Presented by:** Dr. Joseph Debe', Board Certified Nutritionist

**Oceanside:** Thursday, August 17<sup>th</sup> 7-8pm

### **What's going on in Your Belly?**

Belching, bloating, abdominal pain are most often are not associated with life threatening conditions. Learn about special tests that can reveal the underlying causes of conditions like gastro-esophageal reflux, irritable bowel syndrome, Crohn's disease and colitis. Learn about the elimination diet and the side effects of acid-blocking medications.

**Presented by:** Dr. Joseph Debe', Board Certified Nutritionist

**Oceanside:** Thursday, August 24<sup>th</sup> 7-8pm