

FREE EVENTS

CONNECTING THE DOTS: KIDNEY TALK!

By Jason Hunter, International School of Detoxification - Level I & II

Jason is a Certified Detoxification Specialist and Permaculture Designer. Through his own life experiences, he developed his own style of blending modalities, which he shares in his holistic health counseling practice. Jason uses a combination of iridology, physiological analysis, herbalism and Qi Gong to support those who are working to bring their own bodies back into a balanced focused awareness.

TUESDAY, OCTOBER 2ND

6:30–8:00 PM | CARMEL VALLEY

WEDNESDAY, OCTOBER 10TH

6:30–8:00 PM | HORTON PLAZA

LOSE WEIGHT & DETOX FOR THE HOLIDAYS

By Dr. Roopa Chari, M.D.

Dr. Chari is an integrative medical doctor and has been in private practice for over 20 years. She will present natural therapies including herbs, supplements and diet, providing an integrated approach to address the most common holiday health challenges.

THURSDAY, OCTOBER 4TH

6:30–8:00 PM | CARLSBAD

THURSDAY, OCTOBER 11TH

6:30–8:00 PM | CARMEL VALLEY

THURSDAY, OCTOBER 18TH

6:30–8:00 PM | 4S RANCH

THYROID HEALTH 101

By Dr. Meagan Strodel, N.D.

Dr. Meagan Strodel, N.D., is a Naturopathic doctor at Shine Natural Medicine in Solana Beach, where she helps people of all ages and stages achieve results with their health. Dr. Strodel will present her insider tips and holistic approach on how to support healthy hormones and a healthy thyroid!

TUESDAY, OCTOBER 16TH

6:30–8:00 PM | CARLSBAD

TUESDAY, OCTOBER 23RD

6:30–8:00 PM | CARMEL VALLEY

NATURAL MEDICINE STRATEGIES FOR CANCER PREVENTION AND CANCER CARE

By Debrah Harding, N.D., F.A.B.N.O.

Dr. Harding has more than 20 years of experience in the field of naturopathic medicine with a focus on integrative oncology, including seven years at the Cancer Treatment Centers of America (CTCA) in Zion, Illinois. Prior to her position at CTCA, Dr. Harding cared for patients in her family practice in Marlton, New Jersey and taught courses for the University of Medicine and Dentistry of New Jersey, University of Pennsylvania, and the National College of Natural Medicine. Dr. Harding earned her Doctor of Naturopathic Medicine degree from National University of Natural Medicine in Portland, Oregon in 2000.

THURSDAY, OCTOBER 25TH

6:30–8:00 PM | CARMEL VALLEY

Seating is limited for all educational seminars; please sign up in advance in the vitamin dept.

CARLSBAD - 760.334.7755

ESCONDIDO - 760.489.7755

4S RANCH - 858.432.7755

CARMEL VALLEY - 858.793.7755

DOWNTOWN SAN DIEGO, HORTON PLAZA - 619.308.7755

JIMBO'S
...Naturally!