

# FREE EVENTS

## CONNECTING THE DOTS:

THE LINK TO HEALTHY REGULARITY & MICRO-BIOME

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

Jason Hunter 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, herbology and Qi Gong to guide others to bringing their own bodies back into a balanced, focused awareness. His passion is studying how physics and chemistry manipulate physiological transformation and he is driven to help others through their own journey of healing.

**WEDNESDAY, JANUARY 9<sup>TH</sup>**

6:30–8:00 PM | ESCONDIDO

**WEDNESDAY, JANUARY 23<sup>RD</sup>**

6:30–8:00 PM | CARMEL VALLEY

**WEDNESDAY, JANUARY 30<sup>TH</sup>**

6:30–8:00 PM | CARLSBAD

## GUT 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, JANUARY 8<sup>TH</sup>**

6:30–8:00 PM | CARMEL VALLEY

**TUESDAY, JANUARY 22<sup>ND</sup>**

6:30–8:00 PM | CARLSBAD

## SEASONAL EATING FOR SUSTAINABLE HEALTH

By Cora Ragaini, R.D.N. and Maxon Keating | Bear Valley Organics, Organic Farm and Holistic Health Center

Cora Ragaini, RDN is a registered dietitian, certified yoga teacher, reiki practitioner, and a newbie farmer. Through her interest in wellness, she was led to Hawaii, Newport, RI, Costa Rica, and finally CA, following her passion of nutrition, mind/body connection, farming, and universal energy work. She holds a degree in nutrition from the University of CT and a 200 hr YTT from the School for Ayurveda in Newport, RI.

Maxon Keating grew up in the vast plains of eastern South Dakota. He is a graduate of Southwest Minnesota State University with a B.S. in Environmental Science Humanity and Environment. Community health outreach and sustainable agriculture are passions that have taken him to Brazil, Haiti, NYC, CT and now CA. Maxon believes we're all capable to live vibrant healthy lives with a deeper connection to oneself, others, and the natural environment.

Cora and Maxon followed their dream to a gorgeous farm in Escondido, and helped start Bear Valley Organics, a 117 acre organic farm!

~~THU~~ **CANCELLED** ~~RY~~ **10<sup>TH</sup>**  
6:30–8:00 PM | HORTON PLAZA

**THURSDAY, JANUARY 17<sup>TH</sup>** **THURSDAY, JANUARY 31<sup>ST</sup>**

6:30–8:00 PM | 4S RANCH

6:30–8:00 PM | CARMEL VALLEY

## INFLAMMATION: THE SLEEP – STRESS CONNECTION

By Threshold® Enterprises, Ltd. and Julie Dennis, Herbologist and National Science Educator

Julie began working in health food stores at 15 years old and quickly decided to make a career out of her passion for natural health and healing. She graduated from Michael Tierra's school of Herbology in 1996, was a national educator for respected dietary supplement lines, CEO of Zen Gardens Herbal Formulas and founder of Natural-CommunityReview.com. She writes extensively for natural products industry magazines including Vitamin Retailer, Nutraceuticals World and Vitamin Industry Executive. She was also an editor for books including *The Handbook of Clinically Tested Herbal Products* and *The American Botanical Council's Clinical Guide to Herbs*.

**TUESDAY, JANUARY 15<sup>TH</sup>**

6:30–8:00 PM | CARMEL VALLEY

**THURSDAY, JANUARY 17<sup>TH</sup>**

6:30–8:00 PM | CARLSBAD

**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

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...*Naturally!*