Did you know Jimbo’s offers Free Seminars on Health Education and Wellness? Start your year off with helpful and insightful seminars!

FIGHTING FATIGUE!
By Dr. Meagan Strodel, ND

Topics to be discussed:
• Learn what’s behind the science of fatigue, seasonal affective disorder, functions of cortisol, circadian rhythm and other hormones
• Talking to your doctor about your symptoms
• Common causes of fatigue that people don’t often think about!
• Lab tests to request to determine the source of your fatigue

So many people are fatigued these days, and if you’re reading this, this might be you! But many cases of fatigue are very treatable, even if your doctor has said you are “normal.” This seminar will introduce you to new concepts about how you can help your fatigue at home, and give you tangible tips to implement so your 2020 is more energized than your 2019!

Dr. Meagan Strodel, ND, is a Naturopathic Doctor in Encinitas. She enjoys helping people of all ages and stages achieve results with their health. Dr. Strodel’s favorite conditions to treat are fatigue, gastrointestinal disorders, hormone imbalances, mood issues and more!

MONDAY, FEBRUARY 10TH
6:30–8:00 PM | CARLSBAD

MONDAY, FEBRUARY 17TH
6:30–8:00 PM | CARME VALLEY

GINGIVITIS UNCOVERED: WHY FLOSSING IS NOT ENOUGH!
By Analee Nichols, Registered Dental Hygienist and Certified Nutritional Therapy Practitioner

Topics to be discussed:
• Understanding what your oral health is telling you
• Seeing the body’s wellness through the mouth
• Natural remedies for bleeding gums
• Addressing halitosis and cold sores

Analee is a Registered Dental Hygienist and has worked in multiple San Diego dental private practices for over 10 years. She has traveled to different countries practicing dental hygiene which aided her in cultivating a unique perspective on the mouth body connection. That new perspective gave her the fuel to become a Nutritional Therapist Practitioner, and begin a practice to help people understand the mouth body connection. Analee will present natural therapies for balancing the mouth through proper supplementation and a nutrient dense, nourishing diet. You will leave with an integrated approach to overcome the most common concerns of oral health conditions such as bleeding gums and chronic cavities.

MONDAY, FEBRUARY 3RD
6:30–8:00 PM | ESCONDIDO

MONDAY, FEBRUARY 17TH
6:30–8:00 PM | 4S RANCH

HOW TO CHOOSE A PROBIOTIC
By Sara Barthel, MS Nutrition & Functional Medicine

Topics to be discussed:
• Understanding probiotics & common microorganisms used
• Common & novel uses of probiotics
• How & when to take probiotics
• Supplement vs. food sources of probiotics
• Strain Specificity – choosing the right one for the job

Sara studied at the University of Western States and is also a certified functional medicine health coach through the Institute for Functional Medicine. She specializes in gut health and digestive issues and will speak on what to look for in selecting a probiotic along with research-backed strains for specific health conditions.

WEDNESDAY, FEBRUARY 12TH
6:30–8:00 PM | CARME VALLEY

MUSCLE TESTING FOODS AND SUPPLEMENTS
By Alan M. Blum, D.C.

Topics to be discussed:
• Basic muscle testing foods and supplements
• Muscle testing for supplement combinations
• Muscle testing and time of day
• Muscle testing and vital life force

Alan grew up in Brooklyn, New York. He has been a practicing chiropractor in San Diego for 38 years and has been studying Kinesiological muscle testing techniques for 33 years. He has invented or innovated several groundbreaking Kinesiological muscle testing techniques. Dr. Blum is a national speaker and has taught his innovative techniques at the Total Body Modification Research seminars. He treats patients in chiropractic and many different energy healing techniques including Total Body Modification (TBM) Natural Healing Technique, Applied Kinesiology (AK), Neuro Emotional Technique, NeuroConnecting Technique and several techniques of his own invention. Dr. Blum was mentored by Dr. Victor Frank, D.C. one of the founders of TBM, and worked with Dr. Richard Bartlett, founder of Matrics Energetics.

THURSDAY, FEBRUARY 27TH
6:30–8:00 PM | CARME VALLEY

We offer consumer education so that our customers can make informed choices. However, these seminars may not necessarily reflect the opinion or philosophy of Jimbo’s. The intent of this seminar is solely information and educational. The material discussed is not intended to take the place of medical advice. Please consult a health professional should the need for one be indicated.

SEATING IS LIMITED.
Please sign up in advance at the Vitamin Department for this FREE seminar!