



# NATURAL GROCERS™

## Upcoming FREE Seminars at Green Mountain

12612 W. Alameda Pkwy., Lakewood, CO 80228

### FREEING YOURSELF FROM SUGAR SLAVERY



**Presented by Stephanie Small, MSW, NE**

Do cookies, chocolate, and diet soft drinks call your name? Do you have a hard time having "just one?" Are you ready to free yourself from sugar slavery? Join psychotherapist and holistic nutritionist, Stephanie Small, to explore proven nutritional and emotional techniques for cutting down, or cutting out, "the legal white powder." Don't worry, we'll also be discussing the variety of delicious treats that you can use in its place.

**Tuesday, August 10<sup>th</sup>, 6:00 P.M.**

### TURNING BACK THE AGING CLOCK

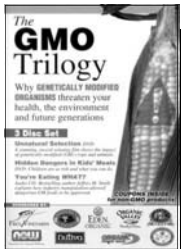


**Presented by Roslyn Rogers, CNC**

Sponsored by Nutraceutical Corp. A down-to-earth discussion for men and women by nutritional expert Roslyn Rogers about balancing hormones for a healthy heart, strong bones, weight management, energy and great digestion for creating the best and healthiest years of your life.



**Wednesday, August 18<sup>th</sup>, 6:00 P.M.**



### UNNATURAL SELECTION: A DVD Presentation on Genetically Modified Foods

This stunning European documentary, now available in the United States, reveals the harsh consequences of genetic engineering around the globe. Inadequate testing and regulations currently put us at risk, but the experts featured in this groundbreaking film argue that individual action can provide solutions--and preserve the planet for future generations. Unnatural Selection is part of the GMO Trilogy DVD set available at all Natural Grocers stores.

**Tuesday, August 24<sup>th</sup>, 6:00 P.M**

### NUTRITIONAL SUPPLEMENTS AND THE CANCER PATIENT



**Presented by Jack Challem, The Nutrition Reporter™**

Sponsored by Solgar. Do supplements help or hinder the conventional treatment of cancer? Nutrition expert and author Jack Challem will explain why cancer specialists usually discourage their patients from taking antioxidants and vitamin supplements. He will then describe recent human studies that show how specific supplements can promote the healing process after surgery, enhance the body's ability to fight cancer, reduce the side effects of chemotherapy and radiation, and improve quality of life and life expectancy.



**Wednesday, September 1<sup>st</sup>, 6:00 P.M.**

Reservations not necessary. Seating is limited— first come, first seated. Questions? Call Pat 303-986-4600 x118.

Additional free seminar listings at [www.naturalspeakers.com](http://www.naturalspeakers.com).

Key:



Book Signing



Door Prize: attendees get a chance to win a FREE Gift!



FREE Samples



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