



NATURAL GROCERS™

Upcoming FREE Seminars at Green Mountain

12612 W. Alameda Pkwy., Lakewood, CO 80228



GOT LEAKY GUT?

Presented by Louise Swartswalter, CBT, CNHP

Leaky Gut or bowel hyperpermeability, may be a contributing factor for both acute and chronic health conditions. Those with autoimmune conditions won't want to miss this presentation.

Thursday, September 9th, 6:00 P.M.

THE ART & SCIENCE OF NASAL IRRIGATION

Presented by Dr. Hana R. Solomon, MD

Sponsored by Nasopure. 31 million Americans are diagnosed each year with rhinitis, allergies, ear infections, coughing or asthma, snoring, polyps, and/or other sinus related maladies.

Basically, if you have own a nose, please join us for a fascinating exploration into the health of your personal sniffer.



Wednesday, September 15th, 6:00 P.M.



GUIDE TO HAPPY, VIBRANT, HEALTHY PETS

Presented by: Rebecca Rose, BA, MBA

Sponsored by In-Clover. Learn how to help your dog and cat live a long, healthy life with good food and supplement choices. Solutions for the top four pet health concerns will also be discussed.



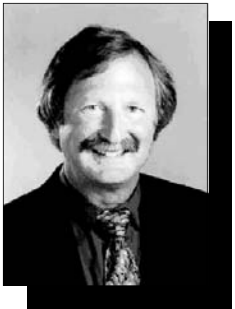
Tuesday, September 21st, 6:00 P.M.



FROM FATIGUED TO FANTASTIC! BRING BACK YOUR VITALITY & LIVE PAIN FREE

Presented by Dr. Jacob Teitelbaum, MD

Sponsored by Enzymatic Therapy. The Author of *From Fatigued to Fantastic!* and *Pain Free 1-2-3*, and co-author of *Beat Sugar Addiction Now*, Dr. Jacob Teitelbaum is a Board Certified Internist, researcher, and renowned expert on Chronic Fatigue Syndrome and fibromyalgia. He refers to pain and fatigue as flashing oil lights on your body's dashboard, telling you that something desperately needs attention. Researches has shown that fatigue, as well as pain signals, often go away or greatly improve when treated with his "SHINE" Protocol. It addresses underlying issues with Sleep—Hormones—Infections—Nutrition—and Exercise.



Thursday, September 30th, 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.

Key:



Book Signing



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



FREE Samples



FREE audio file on www.naturalgrocers.com
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