



# NATURAL GROCERS™

## Upcoming FREE Seminars at Santa Fe

3328 Cerrillos Road, Santa Fe, NM 87507



### ADDRESSING MENTAL HEALTH WITH ALTERNATIVE MEDICINE

Presented by Dr. Hoda Kiama, ND

Whether you are feeling blue or having trouble with attention, focus or cognition, nutrition plays a major role in your brain and body. Learn actionable steps to improve your quality of life.

**Saturday, September 11<sup>th</sup>, 10:00 A.M.**



### THE ART & SCIENCE OF NASAL IRRIGATION

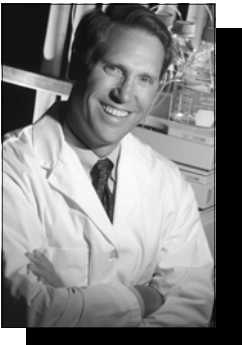
Presented by Dr. Hana R. Solomon, MD

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.

**CANCELLED**

**Friday, September 17<sup>th</sup>, 12:00 P.M.**



### WOMEN'S HEALTH – WHAT THE DRUG COMPANIES WON'T TELL YOU AND YOUR DOCTOR DOESN'T KNOW

Presented by Dr. Michael Murray, ND

Sponsored by Natural Factors. Dr. Murray highlights the not so hidden agenda of the drug companies and provides information that your doctor doesn't know about popular drugs and natural products. Discover how natural products can help you improve bone health, hormone balance, mood, heart health and cholesterol, hair, skin and nails, blood sugar levels and weight management for a longer, healthier life.

**Monday, September 20<sup>th</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!



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