

Make Contact-Make Contact with Your N.D., Make contact with yourself.

In this Issue:

- Dr. Erin is coming to town again! April 13-24th
- Last Two Talks in the Winter Lecture Series : 4/16 & 4/23
(...and then we hope winter is really OVER!)
- Spring Detox special
- Naturopathic medicine PBS Series-watch a snippet at the link below

Dr. Erin in Cleveland

From April 13th-April 24th
& May 11th-22nd

Last Two Talks in the Winter Lecture Series : 4/16 & 4/23

April 16th: How to Kick a Sugar Addiction (now with Dr. Erin)

Like other white powders, sugar is a drug that can be very addicting. Diabetes is now at epidemic levels, and is a reflection of a culture addicted to sugar. Learn how dependence acts like many other drug addictions and why some people are more prone to sugar cravings than others. Join us to discuss why sugar is so devastating to our health, and how to permanently kick the habit.

And 1 week later:

April 23rd: The Ins and Outs of Detoxification

To kick off spring, let's come together as a group to do a deep tissue cleanse!! Learn just how toxic our world is and how our bodies store many common chemicals and heavy metals for decades. Basic principles of detoxification will be discussed, and ways to measure our own toxicity. Almost all disorders can be attributed to toxins, but we all detox at different rates and in different ways. Learn what to expect during detoxification and how to promote gentle cleansing on a daily basis.

Classes are \$5 each. Please CALL AHEAD TO RESERVE YOUR SPACE

Spring Detox special

Spring and fall are ideal times to flush the system. The change in the weather creates a natural, energetic internal climate change that often leads to the allergies and colds that are so common at this time of year. Help yourself prevent these acute illness by doing **Options DETOX Cleanse**. It is a 15-day program, with recommended dietary and lifestyle changes, and an optional, 3-day supported fast in the middle.

****\$150 for all consult charges** Can be combined with other care/appointments for existing patients.**

Supplemental supports vary from person to person so cost will vary.

PBS Naturopathic Medicine Series Aired First Showing on April 8th, 2009

Program is the first to educate public on this powerful form of natural medicine

On April 8, 2009 the country's first series on naturopathic medicine aired on southern California's KOCE, the sixth-largest PBS station in the country. Produced by the award-winning American Health Journal in conjunction with the American Association of Naturopathic Physicians (AANP), the series will educate the public about the practices and philosophy of naturopathic medicine.

"The public is hungry for a system of health care that is patient-centered, wellness focused, cost-effective, and which uses natural remedies without side effects," said Karen Howard, AANP's Executive Director. "Naturopathic medicine is what the public wants and needs. We're excited about this opportunity to educate the public about naturopathic medicine."

The program will cover a broad range of topics, including the training and education of naturopathic physicians, environmental health and cancer, naturopathic approaches to chronic disease, family medicine, preventing heart disease and diabetes, mental health, allergies, and chronic pain. The six-part series (with a seventh "best of" episode) will begin airing April 8, 2009.

Naturopathic physicians combine the wisdom of nature with the rigors of modern science. Steeped in traditional healing methods, principles and practices, naturopathic medicine focuses on holistic, proactive prevention and comprehensive diagnosis and treatment. Naturopathic medicine embraces the medical oath "first do no harm." By using protocols that minimize the risk of harm, naturopathic physicians help facilitate the body's inherent ability to restore and maintain optimal health. It is the naturopathic physician's role to identify and remove barriers to good health by helping to create a healing internal and external environment. Currently, 15 states, the District of Columbia, and the United States territories of Puerto Rico and the U.S. Virgin Islands have licensing laws for naturopathic doctors. In these states, naturopathic doctors are required to graduate from a four-year, postgraduate naturopathic medical school and to pass an extensive postdoctoral board examination (NPLEX) in order to receive a license.

* * *

The American Association of Naturopathic Physicians is a professional association that strives to make naturopathic medicine available to every American, and to increase recognition of naturopathic physicians as the identified authorities on natural medicine. Our members include accredited schools of naturopathic medicine, students, physicians, and individual and corporate supporters, participating independently or through 40 state-level affiliate organizations.

Learn more at www.naturopathic.org

or watch a snippet at this link:

<http://www.youtube.com/watch?v=7ZMZIWjSpFg>