Free Lecture Series at the Herbal Path,.

Please reserve your spot by pre-registering with The Herbal Path (603) 740-8400

• Practitioner Potluck Dinner
  Building Our Cooperative Entity
  Thursday, June 16, 6:30pm - 8:00pm
  Hosted by the Herbal Path

  This session is for practitioners only. We will continue where we left off at our May meeting. We will discuss the future structure and organization of the co-op. Watch your e-mail for an invitation to our summer event. Please pre-register.

• Rid Your Body of Toxins, Loose Weight and Get Healthy
  Thursday, June 23 And again Tuesday, August 9, 6:30pm - 8pm w/ Don Kielbasa, LC, CRA Clinical Nutrition

  We are all exposed to toxins in today’s world that adversely affect our wellbeing. Consequently, we suffer from fatigue, depression, digestive disorders, sleep disorders, immune deficiency, allergies, weight problems and more. We underestimate the value of exercise and eat too much. In this lecture we will check you for toxicity and zinc deficiency, and give you the know-how to detoxify your body and return it to balance.

  At the Libro Center for Well Being in Kittery, ME we treat the person, not the disease. We treat the cause, not the effect. 800-610-1199.

• Natural Health & Nutrition Lecture
  Saturday, June 25, 1pm - 2:30pm
  And again Thursday, July 7, 6:30pm - 8pm, w/Kristy Fowley, NAAC and Weight Management Lifestyle Coach

  This is an introductory lecture to help you better understand how the Body Systems work. Topics include feeding and nourishing the body systems, pH levels, and cleansing and removing toxins. There will also be an interactive, visual demonstration which compares the “typical American diet” and the “not so typical American diet”, and how each effects our health and wellbeing. Reach Kristy at 603-664-5123 or 1-800-211-1202 x5175.

• See You at 100 with Money In Your Pocket
  Tuesday, June 28, 6:30pm - 8pm
  w/ Pete Mahoney, BSEd, M. Ed., M.A.T.M.A.T.

  Join this dynamic speaker for an exhilarating evening on the subject of the keys to longevity, which will include a description of the “billion dollar machine”, and the impact of pharmaceuticals on the human immune system. Pete is an educator and motivational speaker whose interest is in your reaching your potential.

• Reiki Circle
  Tuesdays, July 5 & August 2, 7:00pm - 8:30pm
  Join us for an evening of peace and relaxation. Practitioners and newcomers are welcome. This Reiki circle will continue to meet the 1st Tuesday of each month.

• Indoor Mold: Preventing It, Fighting It, and Overcoming It
  Saturday, July 9, 10am - 11:30am
  w/ Don Kielbasa, industrial engineer, building contractor

  Take a look at the myths and facts on indoor mold. What it is, how it grows, and how it spreads. Learn what the government is critical to our health and the gateway to the whole body. Find out the facts about the ingredients in most skin care products and learn what alternatives are available. Lynn can be reached at 978-729-4855.

• Three Practitioners, Three Modalities to Strengthen Your Immune System
  Wednesday, July 13, 6:30pm - 8pm
  w/ Michael Blackman, DC, Kerri Marshall, ND and Chris Metro, ND

  Is your immune system letting you down? Bring your questions to be answered by this experienced team of doctors. Blackman Chiropractic and Mackay Naturopathic Acupuncture Center is one of the Seacoast’s first integrative health centers. Dover, NH 603-742-4114 wwww.blackmanchiro.com

• Get Relief from Neck and Shoulder Pain With Myofascial Release
  Friday, July 15, 6:30pm - 8:30pm
  w/ Chad Bradbury, LMT

  Come with your partner to learn simple techniques for relieving habitual neck and back pain. Increase the range of motion in arm and shoulder, and improve neck articulation. Learn pertinent anatomy and time-tested therapeutic touch from this seasoned practitioner. Chad’s Mobil Massage Therapy 603-659-1222

• Sharing a Sacred Connection with Our Earth
  Saturday, July 16, 1pm - 3pm
  w/Pat Trotter

  Please come to hear the common thread we hold in our connection with the Earth; the ability to hear, feel and sense the life that surrounds us daily. Pat is an Environmental (Earth) Intuitive with a degree in Natural Resources, is a Wilderness First Responder and heart through education, opportunity & application. Hosted by the Herbal Path.

• Qi Gong: The First 10 Minutes
  Monday, July 18, 6:30pm - 8pm
  w/ Dan Gardoupi

  Never before in history have children been so “plugged-in” and so out of touch with the natural world. Join Dan as he discusses some of the human costs of alienation from nature, and how nature based learning can support healthy physical, emotional and spiritual growth. Dan is the director and co-founder of White Pine Programs in Cape Neddick, ME. wwww.whitepineprograms.org He teaches natural history, tracking, & ecology at White Pine Community School, at local colleges and adult education programs. He holds a Master’s Degree in Natural Resources, is a Wilderness First Responder and a Registered Maine Guide.

• Money for A Sustainable Community
  Tuesday, July 19, 6:30pm - 8pm
  w/ Bill Fagum, author and inventor

  By understanding money’s history in the U.S., exploring its role in a sustainable post-peak oil society, and presenting a guide for spending wisely today we may learn how money may yet serve man rather than be his master.

  Bill has a chemical engineering degree from Cornell University, is author of the novel A No Life Story, and inventor of card games that build self-esteem. Reach Bill at 207-439-5144. wwww.billfagum.com

• Lyme Disease: An Integrated Approach to Diagnosis and Treatment
  Wednesday, July 20, 6:30pm - 8:30pm
  w/Dr. Leon Hecht III, N.D.

  Dr. Hecht will be discussing the diagnosis and treatment of people with chronic Lyme Disease using the tools of natural medicine: detoxification, botanical medicine, nutrition, hormonal intervention, neurotransmitter balancing, immune stimulation, Nutritional IV Therapy, and antibiotic use.

  Dr. Hecht received his doctorate of naturopathic medicine degree from Bastyr University of Natural Health Sciences in 1988. He co- founded North Coast Family Health, with his wife, Dr. Kristy Fowley, ND, DHANP. He served as President of the New Hampshire Association of Naturopathic Doctors from 1995-2001 and presents at professional conferences on such topics as the natural treatment of diabetes, and dietary endocrinology.

• ADH, ASD, Brain Chemicals and Oranges
  Thursday, July 21, 6:30pm - 7:30pm
  w/Jared Skowron, N.D.

  Serotonin, seizures, gluten-free, casein-free, Ritalin, DHA. So much can be so overwhelming! Dr. Skowron, specialist in pedi atric neurology and natural health solutions, explains what’s out there, what can help, and what cannot. What are the connections between ADD and Autism, and why does our brain make so many chemicals? Suggested viewing before the talk: What the Bleep Do We Know?

  Dr. Skowron specializes in pediatric neurology, ADH, and autism. Detoxifying heavy metals and balancing neurotransmitters restores focus and communication in children. Dr. Skowron is currently writing a book on healing autism with natural remedies. Whole Life Health Care, Newington, NH 603-431-6677

• Get Relief from Back Pain
  Free Introduction to Hanna Somatics
  Friday, July 22 And again August 19
  w/Noreen Owens, M.Ed., Certified Hanna Somatic Educator

  In this workshop introduction to the Myth of Aging Series you will begin to release the tight lumbar muscles of your lower back that are responsible for the majority of back pain. As you are guided through slow, gentle movements, you will regain voluntary control and comfort of lower back muscles, and you will learn a brief movement routine to continue to improve your back comfort on your own. Wear loose, comfortable clothing. This session is designed to rearrange the entire musculo-skeletal sensor motor system, revitalize chronic aches and pains, and restore flexibility. For more information about Hanna Somatics, contact Noreen Owens at (603)772-3307 or visit her website at www.ovensomatics.com

• Qi Gong (Chi Kung) Workshop
  Tuesday, July 26, 6:30pm - 8pm
  w/ Maya Bisson, certified Medical Qi Gong therapist

  This workshop will focus on the health benefits of Qi Gong as it sculpts a lean body, increases flexibility and strengthens your immune system. It has been shown to reduce pain and stress and helps many chronic illnesses like heart disease, diabetes and arthritis. In addition to the slow stretches and breathing techniques, each participant will receive a Qi Gong treatment with energy and light pressure points.

• The goal of the natural health community is to encourage the awakening of our inherent knowledge, power and heart through education, opportunity & application.
**Dover**

Maya has 20 years of continuous study and teaching experience and is certified by the Oriental Culture Institute of Boston and World Qi Gong Federation of China. Maya can be reached at 603-749-1575.

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### SUMMER SALES

#### June Specials (June 15-30)

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**Testimonials...**

An inherited itchy, flaky scalp condition failed to respond to ALL the over-the-counter dandruff shampoos. With the use of Health Direct’s Amino Sculp and the Herbal Path’s Milk Thistle capsules I’ve found relief, and even my face is smoother. I can’t say enough about it!

— Denise Ackerman, Salisbury, MA

I was diagnosed with breast cancer last year and underwent a mastectomy and lymph node removal. After losing two friends to the effects of chemotherapy and radiation I chose alternative follow-up. With the help of Herbal Path staff Greg and Cindy and the recommended supplements, I feel great and am still cancer free.

— Carolyn Risser, Dover, NH