



# *Body in Balance Chiropractic* *Wellness Workshop Series*

## *Topics*

**\*\*Each class is approximately 60 minutes\*\***

### *Eating by Design*

Are you getting confused by all the new diets and nutrition information in the news? Do you want to discover the secrets of healthy eating so you can eat like an elephant but look like a gazelle? Join Dr. Leah as she delves deep into an exploration of “Food by Nature” vs. “Food by Man.” Learn what to avoid, what to splurge on, and how to combine foods to achieve maximum health and reach your optimal weight with the “Un-Diet”.

### *Balancing Hormones Naturally*

Exposure to household chemicals, stressful lives, processed foods, skipped meals, hormone replacement therapy, hysterectomies, and more are all factors that can add more estrogen to the female and male body, causing hormone imbalance symptoms. Do you experience allergies, depression, PMS, fatigue and anxiety, endometriosis, headaches, dizziness, foggy thinking, weight gain, water retention, or bloating? If you answered yes to any of these, then don't miss the indispensable tips provided in this class.

### *Consistency in Chaos: Flourishing within A Stressful Life*

No matter what our unique age, gender, or occupation, each of us lives a fast-paced life in an ever-changing society. The Center for Disease Control states that the #1 contributing-factor in 9 out of the top 10 diseases that affect Americans is stress. Time management techniques are incredibly helpful, but all of us will still encounter stress. During this one-hour class, learn stress-management techniques that will improve your quality of life and decrease the damaging effects of stress on your body.

### *A Healthy Spine = A Healthy You*

An energizing 30 minute presentation that details health as it relates to nervous system and spinal function. What you've always to know about Chiropractic but haven't asked! Learn specifics about the gentle and incredibly effective Network Spinal Analysis technique. Discover parallels between common symptoms people experience including allergies, headaches, digestive issues, and constipation, and the spine. Unlock the door to lifetime health.