



Open House “Nuggets” 3-5 Min. Presentation Topics

Tuesday Afternoons & Thursday Mornings

Eleanor PAULS, LMT, NRT

CLINICALLY DESIGNED NUTRITION: WHOLE FOOD

The New Addiction—SUGAR

Wheat Belly—What Happened to WHEAT?

“Good Foods” to EAT

Benefits of Postural Restoration to Healing

Therapeutic Massage & Muscular Release

Sarah Craig, LMT

Unique Massage

SPORT MASSAGE

Pre-natal MASSAGE

SCAR MASSAGE

Lymphatic/Post Mastectomy MASSAGE

Mondays—Fridays (10 am-4 pm)

Melanie PETERSEN, NRT

WHAT IS Disease? What is HEALTH?

Confusion: Pharmaceutical, Nutraceuticals
vs. Nutrition

How to Successfully Make Changes in the
FAMILY Diet

“Good Foods” to EAT

WHEN to EAT Organic

**Nutrition Response Testing: The
Autonomic Nervous System**

FIVE “Preventers” of HEALING

**What is FUNCTIONAL HEALTH?—finding
challenges before becoming Pre-Pre-
“disease”**