

# Natural Health Remedies



Exciting, Life-Changing, Health and Natural Remedies Presentations with doctor **John G. Clark M.D.**

- Free Materials will be given out on various health topics.
- DVD's will be available corresponding to the topic of the night for later personal resource, review and sharing.

These presentations are a **free service** of Northern Lights Health Education — gifts are welcome and are tax deductible.

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# Natural Remedies Health Training Program

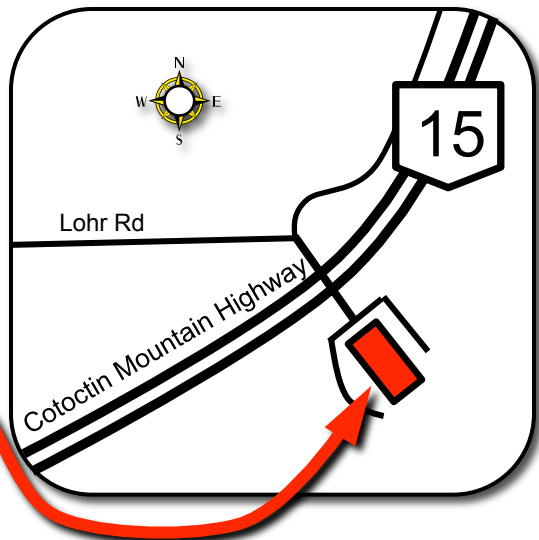
**An Educational Seminar That Teaches You How To Escape And Reverse Disease Naturally:**

- Cholesterol and Heart Disease
- Weight Loss
- Cancer
- Arthritis
- Osteoporosis
- High Blood Pressure
- Diabetes

Each seminar will provide you with easy to follow practical knowledge of natural health, based on scientific evidence, clinical and personal experience **with extra time for your questions and answers.**



Series Of Health Presentations Begin On:  
**Thursday, October 11**  
**at 6:30 p.m.**  
Where?  
**Catoctin View Seventh-day Adventist Church**  
**15601 Catoctin Mtn. Hwy**  
**Thurmont MD 21788**



**See reverse side for schedule of topics.**  
**For more information call: (301) 271-3346**  
[www.NorthernLightsHealthEducation.com](http://www.NorthernLightsHealthEducation.com)

Date	Topic	Description
Thursday October 11 6:30 p.m.	<i>The Cholesterol Story!</i> Are You Fighting Heart Disease?	Learn an enjoyable heart-healthy diet that <b>safely and conveniently lowers high cholesterol without medications</b> . Find out why many people fail to reduce cholesterol by diet alone.
Friday October 12 6:30 p.m.	<i>Ideal Weight:</i> Achieve It Naturally.	Come learn about a remarkable program that makes you <b>feel full, energetic and yet lose excess weight</b> . Get to your ideal weight naturally and stay there effortlessly. Discover the keys to successful lifetime weight management.
Saturday October 13 9:30 a.m.	<i>Diabetes:</i> The Butter With The Sweet	Why be sick when this scientific information can get you well... fast? And without injections! <b>Control sugars at home with simple natural remedies</b> . Join others in celebrating freedom from diabetes.
Saturday October 13 11:00 a.m.	<i>Health And Spirituality</i>	Fight brain fog! The mind affects health more than many realize. Be ready to learn <b>how the subconscious affects your health</b> , and how health can affect <b>spirituality</b> . A healthy spirit prepares you for the most challenging situations imaginable.
Saturday October 13 3:30 p.m.	<i>Hypertension:</i> Taking The Pressure Off.	Every third American has high blood pressure. These hypertensives are three times more likely to have a heart attack and eight times more likely to suffer a stroke. <b>Fortunately, hypertension, in most cases, can be reversed</b> by simple dietary and lifestyle changes.
Saturday October 13 6:30 p.m.	<i>Osteoporosis:</i> Nothing to crack up about.	Uncover the little discussed causes of brittle bones and what you can do escape a painful and disabling fracture. Discover the best ways to <b>protect your bones naturally</b> , without drugs!
Sunday October 14 6:30 p.m.	<i>Cancer:</i> What's Eating You?	Learn the common <b>causes, prevention and solution</b> for this feared disease. Start on an ideal diet that <b>boosts your immune system and energy levels</b> . Simple home remedies that help prevent cancer.



John G. Clark, M.D. and his family are coming to your community with practical knowledge and lost wisdom on effective healthy choices and home remedies to help you escape and even reverse serious illnesses and debilitating conditions. It is within your ability to gain improved health with simple easy to apply principles: Come find out how. Dr. Clark completed his training at Loma Linda University School of Medicine and is dedicated to helping people learn the underlying causes of many common diseases and demonstrate how you can avoid and reverse the disease processes naturally.

