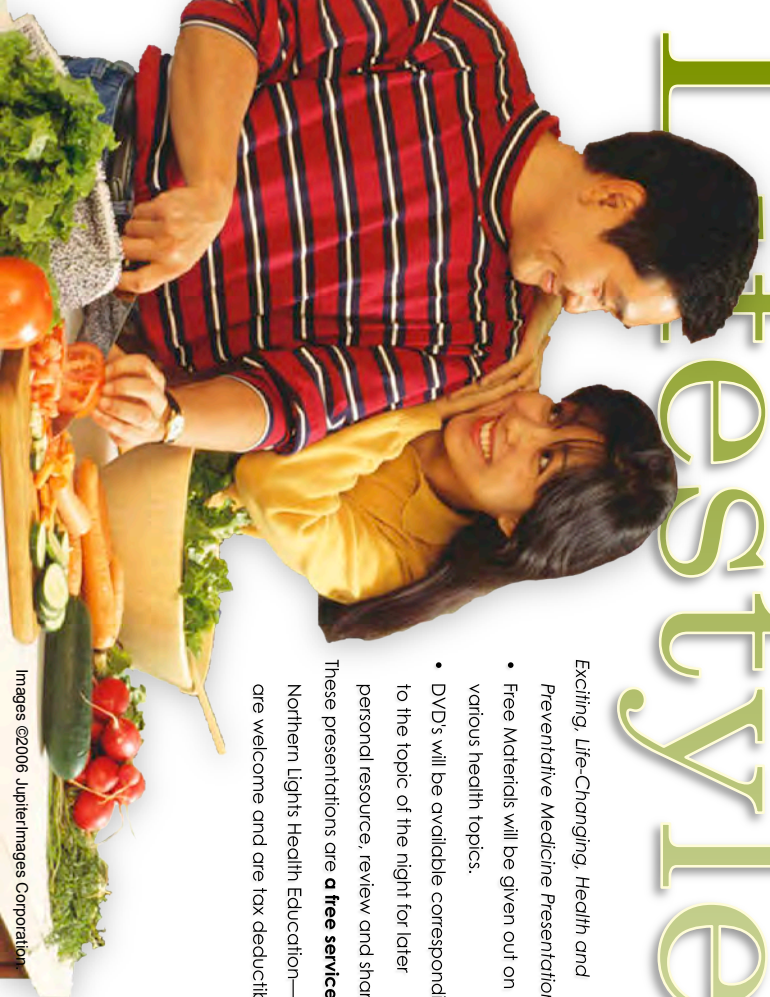


LifestyLe



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Exciting, Life-Changing, Health and Preventative Medicine Presentations.

- 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.

Discover the keys to your

Health

Understanding, Preventing, and Reversing Lifestyle

Diseases:

- Diabetes
- Osteoporosis
- Cancer

Personal consultation available with Dr. Clark by appointment.

Discover the secret of true health and happiness. Begin to experience and enjoy life more abundantly. Each seminar will provide you with practical knowledge of natural health, based on scientific evidence, clinical and personal experience.

Opening Presentation:

Monday, August 8, 7:00 p.m.

Doors will open at 6:30 p.m.

Refreshments will served.

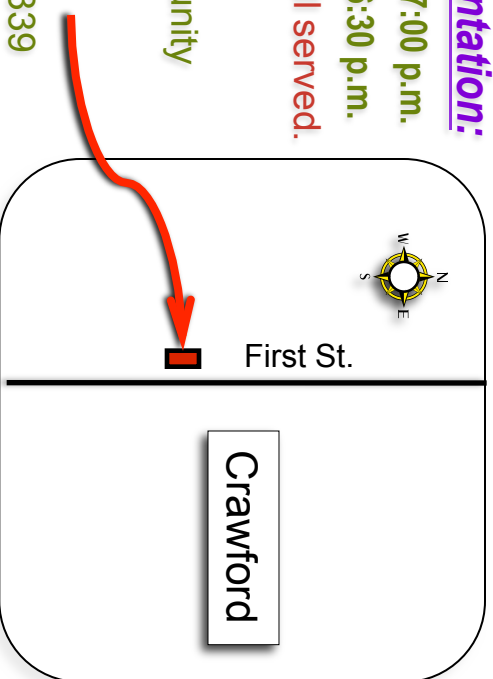
Where?

Crawford Community

Building

1005 First Street

Crawford, NE 69339



For more information, or to preregister call: (308) 665-2300

www.NorthernLightsHealthEducation.com



John Glenn Clark, M.D., his wife Julie and son Connor work out of Skowhegan, Maine. Dr. Clark completed his training at Loma Linda University School of Medicine and now shares his knowledge on the causes of many common lifestyle diseases from which you suffer and offers practical tips on how you can prevent, and even reverse, these debilitating conditions. **You deserve good health--and it's within your reach to obtain it, given good lifestyle choices!**



Monday, August 8, 7:00 p.m.

Diabetes: The Butter With The Sweet.

Why be sick when with this scientific information you can **get well... fast?** And **without medications!** Join others in celebrating freedom from diabetes.

Tuesday, August 9, 7:00 p.m.

Osteoporosis: Nothing to crack up about.

By 2020 nearly 50% of Americans over 50 will have osteoporosis of the hip, putting them at risk of fracture, disability and death. Come discover the often **unrecognized causes and what you can do about it.**

Wednesday, August 10, 7:00 p.m. Activated Charcoal Benefits for Yourself and Your Home

Charcoal Remedies, With John and Kimberly Dinsley. There are many benefits of activated charcoal for yourself, your home, your pets, and your garden. When ingested, activated charcoal works as a detoxification agent, treating poisonings, drug overdoses, bowel diseases, heartburn, indigestion, and other unpleasant health issues. Externally, it can be used to treat insect bites, rashes, and open wounds, and is an effective eye wash and skin purifier.

Thursday, August 11, 7:00 p.m.

Cancer: What's Eating You?

Cancer now surpasses heart disease as the leading cause of death for Americans under the age of 85. Increase your awareness of the causes of cancer and **learn to prevent it with simple home remedies.**