

Dr. Clark's DVD order form.

Send to: Northern Lights Health Education
4 Cote Street
Skowhegan, ME 04976

Healthy Hundred: Breaking The Age Barrier.

Heart Disease, Stroke, Cancer, Alzheimer's: Which Will Get You first? How you live determines how you will die. Have you chosen the best life? Learn the secrets to longevity—avoid killer diseases and disabling conditions.

Ideal Weight, Achieve It Naturally.

Two out of three Americans carry more weight than is healthy. Obesity will soon surpass smoking as the number one health hazard causing diabetes, heart disease, and infertility. Why is it happening? Discover the answers to successful lifetime weight management.

Diabetes: The Butter With The Sweet.

Diabetics have ten times the rate of amputations, not to mention kidney failure, blindness and pneumonia. Find out why diabetes is not inherited, inevitable, or even permanent.

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. Discover the often unrecognized causes and what you can do about it.

Cancer: What's Eating You?

Cancer now surpasses heart disease as the leading cause of death for Americans under age 85. By the year 2025 it is estimated that nearly everyone will have a close encounter with cancer of some type in his or her life time. Discover the cause, prevention and solution for this feared disease.

Arthritis: Don't Let Joint Pain Take You Out of the Game!

Is arthritis the inevitable result of aging? Learn why we get arthritis and why it does not have to keep you back from life's pleasures.

When Self Is The Enemy! Autoimmune Inflammatory Diseases.

Many people suffer from diseases that seem to be the body hurting itself: rheumatoid arthritis, multiple sclerosis, inflammatory bowel disease, fibromyalgia, just to name a few. Am I my own worst enemy? Can the suffering be ended with out dangerous drugs? Watch and learn!

Daniel's Diet: Health and Spirituality.

The mind body connection effects more of one's health than many realize. Is your thinking clear? Do you remember all the time? Learn the benefits of healthy living and healthy thinking. Also contains: Glorify God In Your Body and Sanctuary Health.

Pandemic Influenza And Other Viral Diseases.

Every few months the news is alive with the emergence of some new disease that could threaten life as we know it on this planet. How can the immune system be prepared to withstand such an attack? Doctors John Clark and Amber Bell discuss the prevention and treatment of infectious diseases such as the bird flu. Click here for our bird flu page.

The Cholesterol Story! Are You Fighting Heart Disease?

Having trouble keeping your cholesterol within safe limits? It could be easier than you think! Learn the whole cholesterol, heart disease story.

Oh, My Aching Back!

Back pain is the most expensive and debilitating of all work injuries. People spend their whole lives nursing injuries that for them are incapacitating, when if they only had an understanding of the physiology of the back their lives could be a success. Come learn how to overcome back problems and enjoy living again.

Stress Management Workshop, by Jenifer Skues

Stress has a role in just about every disease known to man. Join Christian psychologist Jenifer Skues in a workshop designed to help you understand the source and solution to stress.

Name: _____

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www.NorthernLightsHealthEducation.com