

# 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

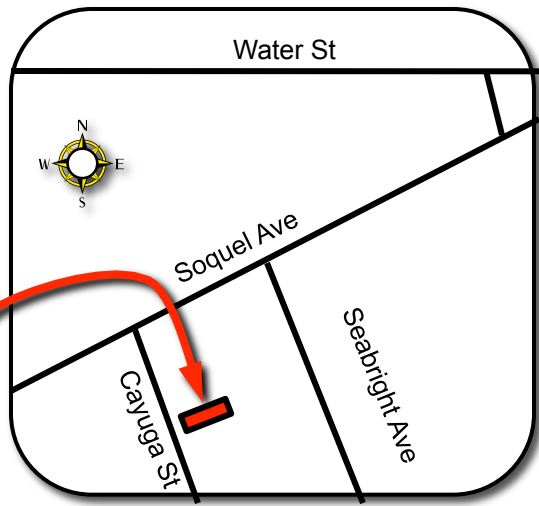
**An Educational Seminar That Teaches You How To Escape And Reverse Disease Naturally:**

- Cholesterol, 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.**



**Week Of Health**  
**Presentations Begin On:**  
 Sunday, April 8  
 Nightly at 7:00 p.m.  
**Where?**  
 Santa Cruz Seventh-day  
 Adventist Church  
 1024 Cayuga St  
 Santa Cruz CA 95062



**See reverse side for nightly topics.**  
**For more information call: (831) 429-1442**  
[www.NorthernLightsHealthEducation.com](http://www.NorthernLightsHealthEducation.com)

Date	Topic	Description
Sunday April 8 7:00 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.
Monday April 9 7:00 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.
Tuesday April 10 7:00 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.
Wednesday April 11 7:00 p.m.	<i>Arthritis:</i> Don't Let Joint Pain Slow Your Journey!	Best information on joint pain and simple home strategies for alleviating it. Freedom from pain, no more sleepless nights. <b>Freedom from drugs and deadly drug side effects</b> —save your kidneys.
Thursday April 12 7:00 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!
Friday April 13 7:00 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 April 14 7:00 p.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.



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.

