

Exploring Cancer Prevention & Treatment

Thursday, February 18 at 7 p.m.

Charles H. Morris Center, 10 East Broad Street

Did you know that 1 in 3 Americans will have some form of cancer in their lifetime? In this dynamic lecture you will learn what you can do to protect yourself:

- natural medicines that can strengthen the immune system, enhance resistance and promote detoxification
- how diet contributes to over 30% of all cancers
- eating well to maximize your resistance
- supplements that are safe and effective and what to avoid
- safe use of botanicals to fight cancer

More About the Speaker:

Chanchal Cabrera has been a member of the National Institute of Medical Herbalists since 1987, and obtained her MSc. in Herbal Medicine at the University of Wales in 2003. She holds the faculty chair in Botanical Medicine at the Boucher Institute of Naturopathic Medicine, New Westminster, BC; and serves on the Board of Advisors of Dominion Herbal College in Burnaby, BC. She publishes widely in professional journals and lectures internationally on medical herbalism, nutrition and health. She is author of the book *Fibromyalgia – A Journey Toward Healing*.

Since completing her master's dissertation in the study of herbal medicine for breast cancer, Chanchal has continued to specialize in the treatment and prevention of cancer with herbs and nutrition. Twice a year she teaches a 6-day long clinical intensive for medical professionals, and almost 70% of her practice is with cancer patients.



**For More Information, Contact:
Brighter Day Natural Foods, 236-4703**