



4<sup>th</sup>  
 Annual

# Spring to Health

## 2012 Presentation Series

### FEBRUARY

Sat, Feb 11<sup>th</sup>  
 11am-12:30pm  
 Course code #70563

#### Natural Remedies for Arthritis & Joint Pain

Presented by:  
**Dr Lisa Weleschuk, TCMD, R.Ac**

Arthritis is a general medical term used to describe any kind of joint inflammation. "**Arthro**" means *joint*, and "**itis**" means *inflammation*.

Causes of joint inflammation can vary greatly (traumatic injury, auto-immune, repetitive strain and over use). Much can be done through nutrition and natural supplements to create a supportive environment for joint health. Come and learn how to optimize your joint health using food and natural remedies.

### APRIL

Mon, April 16  
 7:30-9pm  
 Course code #71507

#### Digestion & Food Intolerance

Presented by:  
**Dr Joe Klassen, ND**

Did you know that digestion is affected by the mental, hormone *and* chemical processes involved? Why has there been an increase in food intolerance and allergies?

Calgary Naturopath, Dr. Joe Klassen will provide fantastic information to further your understanding of food and digestion and provide techniques you can use to improve digestion.

### MAY

Wed, May 16<sup>th</sup>  
 7:30-9pm  
 Course code #71508

#### Going Wheat or Gluten-free? What you need to know

Presented by:  
**Marie-Claude Beaulieu, RHN, MLT, ART, Holistic Nutritionist**

A wheat-free diet has been associated with significant health benefits in much literature. Is consuming gluten-free products also beneficial for one's mental and physical health? If so, why is there an increasing number of people with Celiac disease facing body weight issues? Why the increase in type II diabetes even with a wheat-free diet?

Marie-Claude will discuss gluten's potential effects on health and what to consider when going gluten-free.

Celiac Disease, its prevalence and associated medical conditions will briefly be covered along with a demonstration of a newly available Celiac antibody home testing kit.

### MARCH

Mon, March 19<sup>th</sup>  
 7:30-9:00pm  
 Course code #71506

#### BrainFood – How to eat right to think right

Presented by:  
**Dr Tracy Thomson, HBSc, M.D., CCFP, CYT, CMedAc**

Your brain runs your life and is the greatest asset you possess. Yet many people spend more time and money considering whether they are nourishing their skin and hair properly than nourishing their brain.

In this lecture, Medical Doctor, Tracy Thomson explains why learning to feed your brain can effectively increase your productivity, enhance your relationships (including your sex life) and generally make you happier on a daily basis!

### Cost per Session is \$20

At each session you will receive a:  
 \$10 Amaranth Gift Card and  
 \$10 will be donated to YMCA Strong Kids!

Presentations are at the Crowfoot YMCA

Register by calling the  
**Crowfoot YMCA**  
 at  
**403-547-6576**  
 and quoting the **course code**.  
 Registrations are **not** taken at  
 Amaranth.

**Any Questions?**  
 Contact Amy at  
 403-510-0604 or  
 events.arb@amaranthfoods.ca

