



Boswellia serrata



Withania somnifera



Curcuma longa

Research Review: Which Herb is for What?

Free Lecture on Tuesday, April 4 7-9 p.m.
at Coastal Georgia Center, 305 Fahm Street

A Merging of Traditional Uses & Modern Research

It seems that herbal medicine is *constantly* in the news! The research publications are endless and it's easy to get confused. Join us as we cut through the confusion with our visiting botanical expert, Omar Cruz. He'll discuss 21 popular herbal products: turmeric, boswellia, ashwagandha, bacopa, bitter melon, garcinia, gymnema, holy basil, mucuna, shatavari, tribulus, triphala and 9 more.

Our Speaker

Omar Cruz is a botanical researcher, clinical herbalist, educator and author with over 20 years of experience in his field. He combines traditional Western herbalism, Tibetan Ayurveda and Traditional Chinese Medicine in seeking to treat the whole person.



Omar Cruz

Partners for the Event:



Register at Brighter Day Natural Foods
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