



Wellness and Alternative Medicine

Join Dr. John Weisberg of Seaside Wellness Center for a discussion on natural healing, prevention and wellness models of individual and family healthcare, and alternative medicine healing methodologies. When you sign up for the course, you can come to all eight sessions or pick the ones that interest you most. While coming to the introduction on March 2 will be most helpful, you can register and attend at any time during the course.

Mondays, March 2 - April 20
6:00 p.m. -8:00 p.m.
Union Station Rm 528
Registration Fee: \$79

March 2: Course overview and segue into healing art philosophies and wellness models of health care, historical perspectives and introduction to herbals, clinical nutrition, detox and purification principles, chiropractic and mind body healing arts.

March 9: Food and its amazing journey through your body - Learn how your nervous system is perfectly integrated with your natural world and why certain sensations like aromas and tastes have such a powerful influence on behaviors relative to food and other life activities. Discussion includes natural alternative curatives for digestive system illnesses.

March 16: Sugar management and related problems such as hypoglycemia and diabetes - Be surprised when you learn the sugar level in certain foods. Learn strategies to help maintain a balanced whole food diet and avoid the sugars that are addictive and destructive.

March 23: Cardiovascular functions and related conditions - Learn how to lower your cholesterol, blood pressure, and blood sugar, and how to prevent heart disease. Learn what a heart healthy diet really is and how to determine if you need nutritional and herbal supplementation.

March 30: Female and Male endocrine system functions and related conditions - Learn the technical difference between natural and synthetic, organic and in-organic, GMO and common food and water toxins, and what is harmful to

your endocrine system. Discussions include the dangers of hormone replacement therapy and osteoporosis medicines and gives you natural healthy alternatives.

April 6: Joint Health and neurological well being - Discuss the three major types of arthritis and how to positively help the outcome with natural healing methods of detoxification and purification diets, herbal and supplementation, chiropractic, physical therapies, and exercise.

April 13: Children and holistic medicine - from conception to birth, breastfeeding, and family diet. Learn how to maximize the health of your family. Discussion includes problems families face with nutrition, conception and contraception, and coerced medical interventions.

April 20: Breast cancer, thyroid disease, and iodine replacement therapy - a nutritional approach to prevention and healing. Discuss some of the controversial yet effective alternative medical approaches to minimize the epidemic of thyroid disease and breast cancer in American society.

Register online through WebAdvisor at cfcc.edu. You can register in person at the BIG Center, 805 N. 3rd Street, Wilmington, NC, or at the Burgaw Center, 100 E. Industrial Drive, Burgaw, NC.

For more information, please call 910.362.7254.



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