

CENTER FOR HEALTHY LIVING EDUCATION SERIES

National Integrated Health Associates and The Center for Holistic Medicine are proud to announce and offer to the community a valuable source for education on healthy living and holistic medicine.

Topic: Controlling Your Own Body: Biofeedback, Detoxification & Personal Wholeness

Speaker: Ralph Wilson, ND, M.S. Acupuncture

Date: Wednesday, April 7, 2004 6:00 p.m. – 7:30 p.m.

Where: National Integrated Health Associates Conference Room
5225 Wisconsin Avenue, N.W. Suite # 401
Washington, D.C. (Near intersection of Military Road and Wisconsin Ave./
Friendship Heights Red Line Metro Station)

Cost: FREE (includes two hours of free parking)
Advance reservation recommended
Limited Seating Available

Learn about the Expanded Paradigm of understanding health, illness, treatment and recovery of health that explains the success of the services at NIHA. Dr. Wilson describes techniques to help your health, both physical and mental. Detoxification -- of "Metals, Microbes and Memories" -- is often the key factor in solving puzzling health concerns. He describes how integrative medicine practitioners use "detox" as part of a program of health support. Home care skills will be shown so you can add your energies to NIHA's integrative approach to releasing your innate self-healing abilities.

Dr. Ralph Wilson blends his coursework in M.D. medical school and scientific naturopathy training (Bastyr University Class of 1989) with acupuncture energetics and mind/body counseling to create dynamic health support programs. A member of the NIHA team of health practitioners, he shares his insights about how Integrative Medicine draws on both science and empirical natural medicine approaches to improve your health.

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