



UltraWellness Fall/Winter 2007-2008 Lecture Series Schedule
Sponsored by: The Healthy Living Center at Lenox Village Integrative Pharmacy

Location - Lenox Town Hall Auditorium, Walker Street - Lenox, MA
Dates - September 20, 2007 - April 9, 2008 • Time - 6:00 PM - 8:00 PM

Thursday, September 20, 2007

Tired of Being Tired?

Ardis Fisch, M.D.

Everyday, more than half of patients seen by primary care physicians complain of lack of energy. Most never get a diagnosis that explains their symptoms. Laboratory testing is "normal," and the fatigue is blamed on lifestyle, stress and lack of sleep. While all of these can certainly contribute to feelings of exhaustion, the story is much more complex. Many medical conditions, including hypothyroidism, adrenal fatigue, insulin resistance and food allergies go undiagnosed. Diet, exercise, medication interactions and many other issues are rarely considered. In this lecture, we will use a comprehensive approach to explore fatigue's many causes as well as review some simple remedies for some of the more common reasons of tiredness.

Wednesday, October 10, 2007

Learning to Listen to Your Body

Deb Phillips, RD

Do you spend a lot of time reading and listening to people telling you what to eat, when to eat, how to eat? Have you made changes only to learn from someone else that you might have made the wrong changes? Do you eventually give up out of frustration and stop paying attention? Our intellect and our senses are bombarded with information, tempting and convincing us to buy products that are suppose to make it easy to be healthy. You know, somewhere deep inside, if not on the surface, that what you eat should be nourishing, should support your health. So, the real question we all want to answer is "What and how should I eat to be healthy?"

It is important to remember, the answer to the question is different for everyone. There are some very important guiding principles everyone should follow in making food choices, but then you have to personalize your diet to meet your individual needs. This evening will help you to understand what foods do, recognize symptoms of inappropriate food intake, and learn to listen to your body to eat a diet that supports your health and helps you to feel great.

{schedule continued on next page }

traditional & alternative approaches to healthy living

UltraWellness Summer 2007 Lecture Series Schedule (continued)

Wednesday, November 14, 2007

Detoxification: Science & Solutions

John Bagnulo, Ph.D.

This lecture will discuss digestive and liver health and how they relate to specific dietary patterns. Join John Bagnulo MPH, Ph.D., to learn more about the relationship between our bodies' capacity to detoxify and the foods we eat.

Wednesday, January 9, 2008

Introduction to UltraWellness: Your Key to Lifelong Health and Vitality

Mark Hyman, M.D.

The body has 7 key core systems that underlie all disease – these are the 7 Keys to UltraWellness. The future of your health and medicine depends on understanding how to identify imbalances in these systems and correct them. For the first time in medicine, we can directly treat the causes of disease, not just the symptoms using an integrated system of healing that includes leading edge nutritional research, lifestyle changes, targeted nutrient therapy, herbs, traditional healing practices and drugs or surgery. It is no longer a question of either or when it comes to conventional or alternative medicine. This new model, called Functional Medicine, is inclusive of all modalities. A different way of thinking and practicing, based on revolutionary scientific discoveries is now available that can transform, reverse and often cure chronic health problems, and provide the keys to vibrant health and healthy aging.

Wednesday, February 13, 2008

Unlocking the Secrets to Preventing Everything From Belly Fat to Blocked Arteries

Elizabeth Boham, M.D.

Insulin resistance and the metabolic changes that come along with it, will overtake cigarette smoking as the number one cause of heart disease in the United States. Insulin resistance affects how we gain weight, makes it harder to lose weight, and also increases our risk for developing diabetes, strokes, dementia and cancers of the breast, colon and prostate. Come learn about the signs and symptoms of insulin resistance and what each one of us can do to prevent or reverse the process, and lose weight without hunger or deprivation.

Wednesday, March 12, 2008

Vitamins: What You Should Know and Are Not Hearing from the Media or Your Doctor

Kathie Swift, MS, RD

Join Kathie Swift MS RD Nutritionist for an informative discussion on common questions about vitamins and health. She will discuss vitamins in the news including the richest food sources, signs and symptoms of deficiencies, link to chronic disease and teach you how to figure out what vitamins you really need to stay healthy and treat disease.

Wednesday, April 9, 2008

From Inspiration to Motivation: Changes in Your Life and Your Health

Nina Silver, RN

How many times have you thought about making changes in your life and habits but just could not do it. Using a revolutionary six-stage program for overcoming bad habits, you can create a climate where positive change can occur, maintain motivation, turn setbacks into progress and make your new positive habits a permanent part of your life. Use this program to change your eating habits, maintain a physical activity program, and even stop smoking!