

Create Vibrant Health's Winter Lecture Series: Getting to Know and Care for your Body

Certified Nutritional Consultant and owner of the Create Vibrant Health Nutritional Clinic, Jim Jordan, is presenting a series of six talks on Getting to Know Your Body this winter at the Rogue Valley Metaphysical Library.

Each talk will focus on a particular system of the body (digestive, cardiovascular, endocrine, nervous, muscular/skeletal, as well as detoxification organs) and the health challenges one can face when those systems become toxic, malnourished or overworked. The talks will also cover how these systems work and interact with each other as well as key factors that adversely affect the function of the system (including toxins, nutrient deficiencies and emotions.) At the end of each talk, we will review nutritional and other natural remedies for healing and regenerating each system and the overall body/mind.

It is not necessary to attend each talk to get benefit. For those who cannot attend a talk, DVD's and overviews will be available for purchase.

Schedule of Talks

1st Talk: Wednesday January 14th: **Digestion and elimination.**

Stomach, intestines, pancreas. Special emphasis on causes of Candida, fungal and parasitic overgrowth and how to reverse it and how to optimize digestion and healthy bowel function.

Time: 7-9 pm

Location: Rogue Valley Metaphysical Library Upstairs Room 7 in the Ashland Railroad Museum Room located at 258 A. Street in Ashland.

Cost: \$10.00

RSVP: jim@createvibranthealth.com or 541.482.2250

In this two hour presentation I will cover:

- ◆ how the digestive system works
- ◆ health challenges related to the digestive system including: IBS parasites, Candida and fungal overgrowth, constipation and food allergies
- ◆ primary causes of intestinal disorders
- ◆ key principles and remedies in establishing a healthy digestive tract
- ◆ tests and assessments for digestive health
- ◆ how digestive disorders affect other aspects of health

2nd Talk: Wednesday January 28th: **Cardiovascular/Pulmonary Health.**

Heart, lungs and circulatory system. Special emphasis on how to protect against cardiovascular disease and how to regenerate cardiovascular health.

Time: 7-9 pm

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Cost: \$10.00

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In this two hour presentation I will cover:

- ◆ how the cardiovascular, pulmonary and circulatory systems work
- ◆ health challenges related to heart, lung and circulatory system including heart disease, stroke, asthma and chronic bronchitis
- ◆ primary causes of heart, lung and circulatory disorders
- ◆ key principles and remedies in establishing healthy cardiovascular and pulmonary systems
- ◆ how cardiovascular and lung disorders affect other aspects of health

3rd Talk: Monday February 9th: **Endocrine system health.**

Hormonal function: Adrenals, thyroid, pituitary, gonads and the rest of the endocrine system. Special emphasis on underlying causes of thyroid and adrenal imbalances and what to do about it.

Time: 7-9 pm

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Cost: \$10.00

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In this two hour presentation I will cover:

- ◆ overview of how the various glands work and their functions
- ◆ health challenges related to distressed, overworked and underfed endocrine system
- ◆ primary causes of hormonal imbalances and endocrine dysfunction
- ◆ key principles and remedies in establishing a healthy endocrine system
- ◆ how endocrine imbalances affect other aspects of health

4th Talk: Wednesday February 25th: **Brain and Central Nervous System**

This talk will include a special section on eyesight and hearing as well as a special section on how nutrition and detoxification can help with memory, concentration and other mental functions.

Time: 7-9 pm

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Cost: \$10.00

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In this two hour presentation I will cover:

- ◆ how the brain and central nervous system function
- ◆ health challenges related to toxic, malnourished brain and CNS including: ADD, ADHD, Alzheimer's, Parkinson's, MS.
- ◆ primary causes of brain, CNS, ocular and auditory dysfunction
- ◆ key principles and remedies in establishing a health brain, central nervous system, eyesight and hearing
- ◆ how brain and CNS disorders affect other aspects of health

5th Talk: Wednesday March 11th : **Liver, Gallbladder Kidneys, Spleen and Lymphatic system**

This talks will include a special section on how to strengthen the body's ability to detoxify.

Time: 7-9 pm

Location: Rogue Valley Metaphysical Library Upstairs Room 7 in the Ashland Railroad Museum Room located at 258 A. Street in Ashland.

Cost: \$10.00

RSVP: jim@createvibranthealth.com or 541.482.2250

In this two hour presentation I will cover:

- ◆ how the liver, gallbladder, kidneys and spleen work and their numerous functions
- ◆ symptoms of weak, toxic and sluggish liver, gallbladder, spleen and/or kidney function.
- ◆ health conditions related to liver, gallbladder, spleen and kidney dysfunction
- ◆ primary causes of liver, gallbladder, spleen and kidney dysfunction

- ◆ key principles and remedies to keep your liver and kidneys strong
- ◆ how liver, gallbladder, spleen and kidney dysfunction affect other systems in your body

6th Talk: Wednesday March 25th : Muscular/Skeletal System

This talk will include a special section on self care for the body through therapeutic exercise and how build healthy bones and skeletal structure with proper nutrition.

Time: 7-9 pm

Location: Rogue Valley Metaphysical Library Upstairs Room 7 in the Ashland Railroad Museum Room located at 258 A. Street in Ashland.

Cost: \$10.00

RSVP: jim@createvibranthealth.com or 541.482.2250

In this two hour presentation I will cover:

- ◆ how the muscular/skeletal system works and is interconnected to other systems of the body
- ◆ common symptoms and health challenges related to muscular/skeletal system
- ◆ primary causes of muscular/skeletal system disorders
- ◆ key principles, remedies and therapies to keep your muscular/skeletal system strong and healthy
- ◆ how muscular/skeletal imbalances affect other systems of your body