

Peoples Rx Health Fair Talk Schedule

- 10:00 Unraveling Diabetes** with Amy Nelson, ND
Get your insulin resistance under control by understanding how it all started. Learn how to balance diet, inflammation, and stress to stabilize blood sugar.
- 10:30** ----- Raffle -----
- 10:35 I Can't Lose Weight!** with Anna Wilson, NTP
Get a brief overview of some sneaky reasons why you may not be losing weight. Go home with some deliberate steps you can take to understand weight gain!
- 11:05** ----- Raffle -----
- 11:10 Leaky Gut: What's Food Got to Do With it?** with Barb Stansfield, RN/BSN, ACN
Is your diet inflaming you? Learn how this inflammation affects your overall health.
- 11:40** ----- Raffle -----
- 11:45 The Role of Hormone Balance in Fertility from a TCM Perspective** with Charlotte Sobeck, L.Ac., MSOM
Learn how the ancient practice of Chinese Medicine and Acupuncture can help to balance both male and female hormones, and unravel some of the myths surrounding fertility in our modern, fast-paced world.
- 12:15** ----- Raffle -----
- 12:20 Stressed Out** with Scott Jurica, MS, DC, PAK, ACN
Stress isn't always obvious. Low energy, weight gain or loss, sleep issues, and foggy thinking are all stress responses. Learn how nutrition, supplements, and lifestyle changes can de-stress you.
- 12:50** ----- Raffle -----
- 12:55 Tired of Being Tired?** with Jane Yu, L.Ac.
If you fight to accomplish tasks throughout the day, come learn some tips and tools to feel your best, and other lifestyle and medical considerations to help you understand fatigue.
- 1:25** ----- Raffle -----
- 1:30 Glyphosate Exposure and Your Health** with Jim Meyer, PharmD, MS, CCN
Glyphosate is a broad-spectrum herbicide that is predominant in U.S. farming practices. Find out how health outcomes have been impacted by this environmental toxin and what you need to know to stay healthy.
- 2:00** ----- Raffle -----

