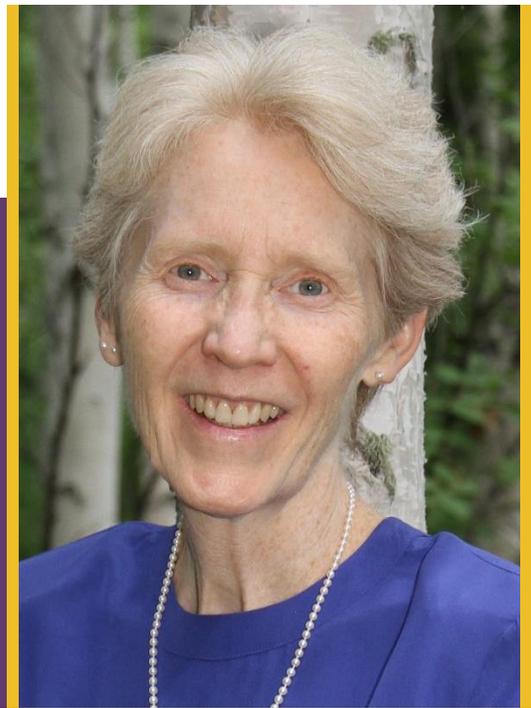




Dr. Judith BOICE



Dr. Judith Boice is a naturopathic physician, acupuncturist, #1 international best-selling and award-winning author, and award-winning teacher. Dr. Boice delivers sustainable health care rather than quick fixes. She believes when people know what being healthy looks like for *them*, they get to have a great life, whether that's running three Iron Man competitions a year, staying healthy in a high-pressure job, or overcoming cancer. Dr. Boice graduated from the National University of Natural Medicine (1994) and the Oregon College of Oriental Medicine (1996). She is a Fellow of the American Board of Naturopathic Oncology (FABNO) and Senior Vitalist of the Naturopathic Medical Institute. Dr. Boice worked for three years at Cancer Treatment Centers of America Southwestern Regional Medical Center. She lives in southern Oregon.

Health in the Fast Lane

In order to stay on course in the fast lane, you need to know where you want to go. In this presentation you will find your True North so you can

- Deliver peak performance
- Excel without destroying your health, your family or your relationships
- Focus on the things that are most important to you
- Get the results you want with a tailored medical approach

Essential Oils for the Whole Family: How to safely and effectively use essential oils

Did you know that one drop of an essential oil is roughly equivalent to 30 cups of tea? Join Dr. Judith Boice, a professor of aromatherapy, to learn

- How essential oils are absorbed
- Safe essential oils for children
- The best ways to dose essential oils
- The top 5 essential oils for your home medicine chest and what they do for you

My Body, My Earth

The health of our physical bodies is inextricably linked with the health of the Earth. In truth, our physical bodies are microcosms of the planetary body. In this presentation, beautifully illustrated with stunning photographs, you will discover

- Patterns of health and disease reflected in the Earth and in our human bodies
- How the elements shape our physical bodies
- The interdependence of human and planetary life
- Ancient systems of medicine that can restore human health

Menopause with Science and Soul

Considered a “hush-hush” topic among our foremothers, menopause has come out of the closet. Dr. Boice demystifies medical jargon and sheds light on the physical, emotional, and hormonal changes a woman may experience. This talk focuses on

- Lifestyle choices that can affect menopausal symptoms
- Functions of the reproductive hormones in the body
- Hormonal interactions and changes as women move through menopause
- Factors to consider when deciding whether or not to take hormone replacement therapy.

Anti-Cancer: Five Powerful Things You Need To Know

Join Dr. Judith Boice, a Fellow of the American Board of Naturopathic Oncology, to learn what you can do to reduce your cancer risk. You will discover

- The single most important lifestyle factor to prevent cancer
- Which food decreases cancer survival rates
- Lifestyle choices that reduce your cancer risk
- How to tend your home and garden in healthy ways
- The impact of electronic devices on your body

Day-long Seminars

The Green Medicine Chest® Training

In this day-long training you will discover simple, safe and powerful ways to boost your immune system, address minor home emergencies, and resolve common illnesses so you can

- Reduce doctor visits
- Save money
- Confidently care for your family
- Avoid dangerous side effects of drugs and other treatments
- Improve your health
- Have peace of mind that you are using the safest, highest quality, most effective natural medicines.

This natural first aid kit can stay at home or travel with you to treat common ailments and address emergency situations. The U.S. Forest Service has used this training and first aid kit for seasonal survey crews.

Essence Qigong, Soaring Crane Qigong, Awakening Light Gong

Qi ("tsee") means life-force or vitality, and *gong* ("gong") means practice, so QIGONG is the practice of cultivating vitality. Qigong combines slow, gentle motions with mindful attention so you can

- Increase your energy
- Sharpen mental concentration and focus
- Reduce pain
- Slow aging by increasing telomere length, a marker of cellular vitality
- Improve quality of life for people with cancer and other chronic diseases

Essence Qigong and Awakening Light Gong are one-day trainings; Soaring Crane Qigong is a two-day training. You will know the entire form by the end of the class and be able to continue practice on your own.

Partial Client List:

U.S. Forest Service, National Wellness Institute, American Association of Naturopathic Physicians, Cancer Treatment Centers of America, Oncology Association of Naturopathic Physicians, Whole Foods Market, National University of Natural Medicine, Bastyr University, Independent Pharmacy Alliance, Association of Worksite Health Promotion, The American College of Traditional Chinese Medicine/California Institute of Integral Studies, and the National Natural Foods Association.

As seen on:

