

Join us for more health talk...

Eastman Hill Health and Training Center

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Troubleshooting the Gut

March 18th 2-4 at Eastman Hill Health and Training Center. Pre-register at blizzard@eastmanhill.net

Learn what the gut does and how it works! What is leaky gut, constipation, fermentation, auto-intoxication and prolapse intestine? Discover the truth about parasites, clostridium and various intestinal conditions. What role do teeth play in gut health? Learn what herbs, supplements and recipes are best at restoring and rebuilding the gut.

The Stomach to the *Rescue!*

April 8th 2-4 at Eastman Hill Health and Training Center. Pre-register at blizzard@eastmanhill.net

Don't buy stomach, build one! Learn how the stomach is the immune system's best friend. We will solve the mystery of anemia, vitamin and mineral deficiencies. What is at the root of gassiness, bloating, indigestion, and dizziness? Eradicate parasites and bacteria with herbs, supplements and good hygiene.

Super Medicinal Ferments

May 6th 2-4:30 at Eastman Hill Health and Training Center. Pre-register at blizzard@eastmanhill.net

Rebuild your body! Take your ferment to the next level and make it a super food. We will discuss gut health and prepare new and exciting recipes with food, herbs and supplements.

Candida, the Roaring Lion

June 3rd 2-4:30 at Eastman Hill Health and Training Center. Pre-register at blizzard@eastmanhill.net

Silencing the wild beast! What you need to know about Candida and how to get rid of it. Learn what diet, supplements and protocols are best. We will look at biofilms and how to break them down, pesky bacteria, parasites, metals and calcium deposits.

Calendar for March and April

Daily Services: M-F 11-5 pm

March 21st & April 18th: Movie Night & Smoothies, 6-8:00 pm (Health Related)

April 22nd: Free Day, 11-6 (Health & Survival Program)