



# FARMACY

FEBRUARY  
MARCH  
APRIL  
2010  
Newsletter

2506 Wildwood Road  
Wildwood, PA 15091-0238  
(412) 486-4588 or  
Toll free 1-877-289-7478  
Website: [www.nutrifarmacy.com](http://www.nutrifarmacy.com)  
Hours: Mon-Fri 9:00am - 6:00pm  
Saturday 9:00am - 3:30pm

Dr. Daniel T. Wagner, R.Ph.,MBA,Pharm.D.



**REMINDER...**  
**NUTRIFARMACY'S 13TH ANNIVERSARY 'OPEN HOUSE'**  
**WILL BE HELD SATURDAY, APRIL 24TH FROM 10am - 3pm.**

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**Have a personal health question? Email Dr. Dan at [dtwherb@yahoo.com](mailto:dtwherb@yahoo.com)**



### HEALTH CLUB MEMBERSHIP

"A whole year with 12.5% discount on any item that we sell, including classes, diagnostic testing, books, and hair analysis.

**\$3.00 OFF**

Expires 4/30/2010

## WESTERN PA'S ONLY ALL NATURAL PHARMACY

### THE NEW WILDWOOD WELLNESS CENTRE IS NOW OPEN!!!

*Exciting News! NutriFarmacy has opened a new extension and dimension to its successful natural business model that began in 1997. We are expanding to offer exciting new services to our many loyal customers and patrons.*

We are extremely pleased to introduce the new WILDWOOD WELLNESS CENTRE in the NutriFarmacy building at 2506 Wildwood Road in Hampton Township. This natural health day spa and clinic will be dedicated to expanding your health choices in new areas of treatment.

NutriFarmacy will be collaborating with the following highly skilled alternative health care practitioners that will coincide with the mission statement of our natural medicine pharmacy:

#### Lynn Wagner, Licensed Esthetician, Natural Skin Care Specialist

Lynn is Dr. Dan's wife and now wants to share his mission of natural health care in the area of skin care. Lynn will be providing facials and body treatments. Her brochure of services and products will be available later in February. *By Appointment only... Call 412-486-6263*

#### Betsy Crouse, Certified EFT-CERT I Practitioner, Emotional Freedom Techniques

EFT is a stress relief technique that can also be used to anchor and strengthen positive change. It involves gently tapping a series of acupuncture meridian points with the fingertips (no needles) while focusing on specific feelings and/or physical issues. Relief from stress (past and/or current) issues, tension and discomfort is often very rapid and effective. *By Appointment only... Call 724-443-0917 OR Visit [www.RenewingWellBeing.com](http://www.RenewingWellBeing.com)*

#### David G. Speer, Ph.D., Certified Reflexologist

Reflexology is a practical and effective holistic health treatment that offers many benefits. It is particularly helpful when you are experiencing high levels of stress and tension in your life. David's trained hands and caring spirit help your body move toward a mode of self healing. David will stimulate areas in the hands and feet to restore the flow of energy that supports overall health and healing of the body's very own innate process. *By Appointment only... Call 412-362-3569*

#### Scott Heineman, MS, CNHP, MH, ND, Certified Shiatsu Massage Practitioner

Shiatsu therapy is a form of manipulation administered by the thumbs, fingers and palms, without the use of any instruments or mechanical devices that applies pressure to the human skin, thus correcting internal malfunctions and promoting health maintenance. Shiatsu can also aid in treating certain disease states. Shiatsu application is a 'one-point' pressure that combines many varieties of rhythmical and changing stimulation. This therapy emphasizes correction and maintenance of bone structure, joints, tendons, muscles, and meridian lines whose malfunction distorts the body's energy and may lead to disease.

*By Appointment only... Call 412-352-0201*

#### Colleen Lynch, Certified Massage Therapist with APMP

Colleen has been practicing bodywork for 14 years. She incorporates her knowledge and skills into Swedish, Deep-Tissue, Myofascial and Trigger Point therapies. Customizing each massage for the individual clients needs is her specialty. Her skills include Lomi Lomi (a traditional Hawaiian massage) and Hot Stone massage. Colleen is certified in Pregnancy massage and Labor Support. *By Appointment only... Call 412-638-8589*

All of these practitioners are willing to meet your schedule at your convenience. Please feel free to contact any practitioner or call the Wildwood Wellness Centre (412-486-6263) to leave a message or inquiry with the NutriFarmacy team regarding appointments. Evening hours and weekends may be available, as per the practitioner's schedule.

### ATTENTION!!!

**WOMEN'S  
WELLNESS  
DAY SEMINAR  
AT NUTRIFARMACY  
SATURDAY  
FEBRUARY 27, 2010  
10am - 3pm**

Please join NutriFarmacy, the Wildwood Wellness Centre, and the Pilates Centre for a day long event to promote and support Women's health- body, mind and spirit! Seminars will be held throughout the day on educational topics including nutrition, skin care, menopause, weight training, stress, yoga, cardiovascular awareness and energy medicine.

There will be free demonstrations of Pilates, Dance classes, Yoga and Gyrotonics by certified instructors. Included in this event will also be complementary BMI testing, chair massages, skincare consultations, and paraffin hand treatments.

**For More details  
and GUEST  
SPEAKER  
See Page 3 !!**

## **BULLETIN BOARD**

### **POTENTIAL HELP FOR HIV/AIDS PATIENTS?**

Researchers are conducting clinical trials for a new drug that utilizes the herb **Andrographis** to cure sickle-cell anemia and boost the immune system of people with HIV or AIDS. The drug, **Esomaron**, which was developed by the Nigerian Herbal Research Institute may be able to help eliminate the virus that causes this disease (and also hepatitis) from the body.

The active ingredient in this drug comes from a South-east Asian medicinal shrub *Andrographis paniculata*, known as "Indian Echinacea," At NutriPharmacy, we have used this herb for treating colds, flu, and fever.

### **DR. SIMONCINI'S BICARBONATE TREATMENT FOR CANCER**

The now-famous Italian oncologist, Tullio Simoncini, MD, has roiled the waters of oncology by claiming that all cancers are actually outbreaks of fungal disease. He has written a book in this effect, *Cancer is a Fungus*, and has produced on-line videos and websites explaining his theories.

Dr. Ralph Moss ([www.cancerdecisions.com](http://www.cancerdecisions.com)) has recently critiqued Dr. Simoncini's claims [Townsend Letter #317] and has concluded: "I do not believe that Simoncini's basic theory of cancer's origin has merit. After all, it is possible that his Candida theory could be wrong and yet his proposed treatment of sodium bicarbonate, particularly to the site of the cancer, could be effective." One thing is certain- in all cancer therapy a bottom-line treatment is to keep the body ALKALINE and less acidic.

### **ALTERNATIVE MEDICINE PRACTITIONERS MOURN DEATH OF DR. A. HOFFER**

Famed Canadian psychiatric physician, Abram Hoffer, Ph.D., MD, died in May 2009 at the age of 92. He revolutionized the treatment of Bi-polar psychosis and schizophrenia by supplementing all of his patients with Vitamin B3. In his research, which began in 1952, Dr. Hoffer discovered that the results of any treatment program for patients with mental illness and psychiatric disorders improved much better if the practitioner included in optimum doses of Vitamin B3 (niacin and niacinamide). NutriPharmacy is introducing a new Food State Niacin. See article in this newsletter.

## ***I and I***

**Interesting and Intriguing new research in the Complementary-Alternative medicine (CAM) field**  
by Dr. Dan

Numerous clinical trials have found that nighttime administration of melatonin is effective in the treatment of insomnia in patients with autism and chronic schizophrenia.....supplementing with probiotics reduces the incidence of winter illness in children, especially when they have been taking antibiotics. Probiotic organisms may work by enhancing immune function and by producing natural antimicrobial substances.....Fifty patients (mean age 34 years) with Obsessive-Compulsive Disorder were successfully treated with a 'much or very much improved' diagnosis when they supplemented with 1,200 mg of N-Acetylcysteine (NAC) for 6 weeks.....Dr. Stephen Holt has reported that many different types of stem cells are being used in research and clinical practice globally. He discovered that bone-marrow stem cells require vitamin D, B12, folic acid, and iron for maturation.....New research so fresh that it hasn't yet appeared in a journal article says flatly that eating sugar reduces testosterone levels in the blood by up to 25% across the board.....A pilot study published in *Herbalgram*#84 finds that American Ginseng (*Panax quinquefolius*) helps cancer-related fatigue in patients who are undergoing chemotherapy, radiation or biological therapy.....Supplementing with ASTRAGALUS along with mineral therapy has been shown to benefit treatment of Seasonal Allergic Rhinitis.....Vitamin K may prevent coronary artery calcification, an independent predictor of cardiovascular disease, by playing a role in the synthesis of a protein associated with vascular calcification.....DHEA I an androgen produced in women primarily by the adrenal glands. The results of a recent study indicates that DHEA (up to 50 mg daily) can increase bone mass in elderly women, although it was not effective in men.....new studies are warning patients not to over consume Kombucha Tea. There are too many recent reports of toxic side effects. There are no scientifically proven studies proving that this tea has antioxidant and immuno-modulatory properties.....As of July 2009, the National Center for Complementary and Alternative Medicine (NCCAM) released a report stating that Americans spent \$33.9 Billion annually on alternative medicine.....for the first time, a randomized study has found that Mastic Gum eradicates *H. Pylori* in patients who are infected with it, about half as well as the conventional treatment of high-dose antibiotics and H-2 blocking agents.....low Vitamin D intake has been linked to impaired muscle strength, increased fall risk, and increased fracture risk along with increased risk of bone loss.....Since serious side effects are experienced by patients taking statin drugs (including myopathy of muscles and acute renal failure), cinnamon may be as helpful as Lipitor for lowering bad cholesterol, while increasing good cholesterol.....L-Arginine supplementation protects against ischemia/Reperfusion injury as occurs in heart attacks and strokes.....less than 7 hours of sleep per night triples the risk of catching a cold.....According to a Canadian study, the best supplements to help deal with Seasonal Affective Disorder (SAD) were Vitamin D3, St. John's Wort and Melatonin.

### **DR. DAN'S WEEKLY RADIO SHOW** ***"ADVENTURES IN NATURAL MEDICINE"***

**WKHP, RADIO 620AM**  
**FRIDAYS, 12 NOON TO 1 PM**  
**Live talk radio- Call in (412) 825-6262**

### **ENERGY MACHINES**

The **ETA SCAN** (Cost \$145) - This amazing computer program is based on the knowledge of quantum mechanics to view various organs in the body and determine (energetically) its health status. Like an MRI or CT-scan (only without the radiation) the ETA SCAN can measure energetic flow and determine if a low-energy organ is being affected by toxins, parasites, viruses, food sensitivities, bacteria, allergies or simply emotions.

The **REBA PSYCHOSOMATIC DEVICE** (Cost \$45) - This machine enables one to discover subtle energy-fields in the body that act as 'blocks' or 'deep-seeded emotional conflicts' that can negatively affect our life. These conflicts (that are unconscious) can be 'melted' away in 5-9 months with homeopathic therapy.



The **MRS-2000-Plus** (Cost \$15) - is an energized mat that the individual lays on for 20-25 minutes to relieve back pain, trauma, recovery from injury, joint inflammation, and other pain issues .

**CALL NUTRIFARMACY FOR MORE INFORMATION**  
**OR**  
**TO SCHEDULE YOUR APPOINTMENT!!!**



THE PILATES CENTRE SPECIALIZES IN PILATES INSTRUCTION UTILIZING THE REFORMER, CADILLAC TOWER, MVE PILATES CHAIR AND VARIOUS OTHER SMALL PILATES EQUIPMENT. OUR STAFF ARE NATIONALLY CERTIFIED INSTRUCTORS. PILATES FOCUSES ON THE CORE POSTURAL MUSCLES WHICH HELP THE BODY BALANCE AND ARE ESSENTIAL TO PROVIDING SUPPORT FOR THE SPINE.

WE OFFER PRIVATE, SEMI-PRIVATE AND GROUP CLASSES. PLEASE CHECK OUT OUR WEBSITE: [WWW.THEPILATESCENTRELLC.COM](http://WWW.THEPILATESCENTRELLC.COM) FOR MORE INFORMATION OR CALL 412-487-0616.

WE ARE NOW OFFERING OUR NEW "POLE PILATES" TO UP-BEAT MUSIC - GREAT FOR A GROUP OF FRIENDS TO GET TOGETHER FOR A FUN HOUR!

**[WWW.THEPILATESCENTRELLC.COM](http://WWW.THEPILATESCENTRELLC.COM)**

# Basic Skin Tips Part 1

by Lynn Wagner, Licensed Esthetician

As an Esthetician I am often asked questions regarding skin-care techniques and hints to improve skin from Acne to Wrinkles. One of the most common questions posed is: "Why should I not use a bar soap to cleanse my face?"

The answer is an important one especially during the winter season which can cause havoc to the healthiest skin. Many bar soaps (and this includes glycerin soaps) are alkaline, which opposes the skin's more acidic composition. Bar soaps have a high pH of around the 9 to 10 range. Our skin's pH is much lower approximately 4.5 to 6.5. Frequent use of highly alkaline soaps strip the skin's natural oils, increases its water loss and decreases its ability to serve as a protective barrier, disposal system and thermal regulator.

There are many choices on the market for facial cleansers in a range of price and forms. A cleansing cream is best for dissolving make-up and dirt and is best suitable for dry or mature skin. I personally like the use of "milk" cleansers in the winter due to their thick and moisturizing ingredients. A cleansing lotion is excellent for normal or combination skin. Cleansing gels are favored by oily or combination skins because of their foamy nature.

At NutriFarmacy we are pleased to announce the expansion of our Skin and Body products. One of our popular lines that I personally endorse is called "Derma e". Their products are free of parabens, phthalates, petrolatum, mineral oil, artificial colors and are pH balanced. Their cleansers are free of sodium lauryl sulfates. Derma e offers a whole range of products for all skin types.

As an introduction to our new products please use the coupon below for 10% off any facial cleanser. We are carrying several other brands to provide the best natural skincare products out there to our customers. In 2010 we plan to further grow this arena to include more products and choices for our customers. I am available to answer any of your skincare questions during regular business hours.

**10% OFF**

**ANY FACIAL CLEANSER  
AT NUTRIFARMACY**

Expires 5/31/2010

## WOMEN'S WELLNESS DAY SEMINAR AT NUTRIFARMACY

**SATURDAY, FEBRUARY 27, 2010 10am - 3pm**

There will be FREE samples of many products, refreshments and health vendors available to discuss nutritional products. Register for prizes and giveaways.

PLEASE JOIN US FOR AN INFORMATIVE FUN FILLED DAY!!!

### FREE SPEAKERS SERIES:

10:00am - 10:30am:

**LYNN WAGNER**, Esthetician

"Skincare Products, What Ingredients Should You Avoid?"

10:30am - 11:00am:

**URSULA LESIC**

Free demonstration on "New Approaches to Yoga"

11am - 12:00pm:

**JANET MCKEE**

"Delicious Foods for Vibrant Health and Vitality"

12pm - 1pm:

**DR. DAN WAGNER**

"Update on Energy Medicine"

1pm - 2pm:

**MIKE GALLAGHER**, Professional Metagenics Rep

"Menopausal Hot Flashes, All Natural Remedies"

2pm - 3pm:

**LISA BERNARDO**, PhD MPH RN

"Bone Health for Woman"

**HOPE TO SEE YOU THERE!!!**

## A TIME TO GIVE THANKS AND WISH YOU WELL

Dr. Dan and Staff

Dear NutriFarmacy Patron:

It is never often enough that we thank you for your gracious patronage and trust in our natural medicine concept pharmacy now entering its 13<sup>th</sup> year of business. Our 'integrative' approach to healing and well-being has been well received and many of you have experienced healthier outcomes. We are committed to improving the health of our patrons and friends in a more natural and 'holistic' manner. We have worked diligently to upgrade and evolve our services. We are excited about our new Wildwood Wellness Centre that recently opened in our building. This year we will be providing for you services from a variety of qualified alternative healthcare practitioners. We are continuing our pursuit of 'energy medicine'. The new ETA-SCAN machine has taken us to a level, that according to Dr. David James from London, "is decades ahead of its time."

I want to assure you that we will continue to be here for you, not only with quality supplements, but also with a variety of useful and free health-related material. We have natural protocols for over 120 disease states, alternative medicine testing (including energy medicine techniques, and effective complementary therapies.

On behalf of our wonderful staff, I want to wish you a Blessed and Healthy New Year.

-Dr. Dan Wagner



## RETURN FROM NIGERIA

Dan Wagner, Pharm.D., MBA returns from his tenth medical mission trip to Nigeria, West Africa on January 23, 2010.

The World Health Vision team returned from Nigeria, West Africa after a highly successful medical mission. This year's group consisted of two PharmDs and three RNs. We screened approximately 4,000 patients (for diabetes and hypertension) in 4 locations in the central Nigerian states of Nasarawa and Plateau. The WHV team supplied many doses of free medicines, vitamins and other supplies to the poor and underserved people. We were able to leave behind at three hospitals 24 Freestyle Lite glucometers, with more than 10,000 extra strips, for the medical professionals to check their patients for diabetes after our team returned to the States.

The team was warmly greeted by everyone. The Governor of Nasarawa State, His Excellency Akwe Doma provided for our team safe travel, comfortable accommodations, and delicious Nigerian meals. The Governor is campaigning for his 2011 re-election by promising the people a "13 point plan" to improve living conditions in his State. One of his main objectives is health care, and he made clear (on television and radio) that the WHV team is an important part of fulfilling his promise of better health care for all. We were also warmly received by the Deputy Governor, the Chief of the village of Azara, the An-doma of Doma (a high religious cleric), and the Emir of Lafia. We were all given gifts and well wishes by these traditional leaders.

Our team worked extremely hard and everyone was very dedicated to fulfilling the purpose of the mission. We provided services to more people than we had expected and exhausted many of the medicines, supplements and supplies (we both shipped over and carried on the plane) sooner than expected. For the first time, we were able to offer a program for patients suffering from poor vision due to a Vitamin A deficiency. Our "Vitamin A Program" consisted of distributing supplements that may help prevent an eye condition called xerophthalmia. Many children (ages 6 months-6 years) in the Third World are in danger of having underdeveloped tear ducts simply because they don't receive adequate concentrations of Vitamin A- mainly a food deficiency. This underdevelopment can lead to abnormal dryness of the conjunctiva and cornea leading to poor vision and possibly blindness. Supplementing these babies and children (with the equivalent of 8 cents worth of Vitamin A in the form of Beta Carotene) can significantly reduce the risk.

A special THANK YOU to the many people who donated so generously to our 2010 medical mission. We would appreciate any additional donations to help defray the enormous expenses of such a humanitarian undertaking. Your generosity can help us prepare for our next journey. The WHV continues to ship over packages of hypertension and diabetes medicines every month.

Many Thanks and Remain Blessed,  
Dr. Dan

**Tax Deductible  
Contribution Tax ID: 23-2939579**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Donation:  \$15  \$25  \$50  \$100  Other

Credit Card donations may be emailed to: ([dtwherb@yahoo.com](mailto:dtwherb@yahoo.com))  
OR Phone toll-free 1-877-289-7478

Please make check payable to: "WHV-SRF" or "Dr. Dan Wagner-WHV" and mail to  
Dr. Dan Wagner, P.O. Box 238 Wildwood, PA 15091

Thank you for your continued support !!!  
"Service is the Rent We Pay to God for our Space on Earth"  
- Nigerian saying



# ???? ASK DR. DAN ????

**Q: Dr. Dan,**

I have been taking an anti-depressant for many years and want to know if there is a holistic approach to help withdraw? --Jule, Pittsburgh

**A: Dear Jule,**

Unfortunately, many patients have been on anti-depressants for many years and there is often little or no help from psychiatrists to reduce or eliminate prescription medication use. First, I believe it would be helpful if more physicians treated the underlying health problems that may have lead to the need for anti-depressant medication. Many times these drugs are a double-edged sword. If you stay on them too long there are side effects. If you quit taking the drugs suddenly, there are withdrawal symptoms. Both scenarios can be dangerous. Secondly, practitioners should be prepared to treat withdrawal symptoms and any damage caused by the drug(s). Some medications damage the body more than others. Ideally, the patient would agree to measures that heal and strengthen the body before trying to reduce medication.

If I were to list some things that would affect the rate of drug withdrawal, I would state: the patient's use of high quality supplements; the use of energy medicine (in particular the ETAscan, but also EFT, REBA and others); a healthier diet; the toxicity and addictive nature of the drug; working on stress management during the withdrawal; how long the patient has been on the medication and what is the current dosage; and a mild and effective detoxification program.

There is no one program that will fit all patients. The role of thumb is: GO SLOWLY. In most cases, the body cannot easily adjust to a quick and abrupt withdrawal of any drug (whether its an anti-depressant or not). If I were to value one therapy above another it would be energy medicine, even though there are wonderful effects with nutritional supplements and herbal remedies.

The patient needs to be informed about the most proper method beforehand and encouraged not to quit prescription medicines abruptly. In all cases, be honest with your practitioner and yourself. Be in a positive frame of mind and don't 'push the envelope' too quickly.

NEW!

## NEW PRODUCTS

NEW!

### **Pro-Natural Niacin Plus...OUR NEWEST 'FOOD STATE' PRODUCT IN THE DR. DAN'S LINE OF PRO-NATURAL SUPPLEMENTS**

NutriFarmacy is proud to introduce our 12<sup>th</sup> product in the unique line of Dr. Dan's Food State line of supplements. *Pro-Natural Niacin Plus* has been shown to effectively break down fat in fatty tissues and favorably influence lowering LDL (bad) cholesterol, total cholesterol and triglycerides. However, and most importantly, niacin can help 'raise' good HDL cholesterol. Although niacin is known to cause flushing in many patients, you will find this food-based product much better tolerated. Recent studies out of the United Kingdom are finding that *Pro-Natural Niacin Plus* could be an important and effective adjunct therapy in the treatment of various autoimmune conditions such as rheumatoid arthritis and other diseases that cause an inflammatory response. Ask Dr. Dan about the many uses for niacin.

**90 food-based tablets only \$32.95.**



### **Check out Dr. Dan's ENTIRE line of vitamins!!!**

ADVANCED MULTI-VITAMIN/MINERAL FORMULA...  
ANTIOXIDANT NUTRITIONAL FORMULA with CO-Q10...HIGH B12 and FOLIC ACID...CALCIUM-MADNESIUM-D2 1:1...  
FOOD STATE D3 1,000IU...VITAMIN C with BIOFLAVONOIDS...VITAMIN B COMPLEX with RHODIOLA ROSEA...  
GTF CHROMIUM with AMINO ACIDS...  
ESSENTIAL FATTY ACID COMPOUND 3,6,7,9...  
SELENIUM 200 MCG...BONE SURE

**\$1.50 OFF**

**ANY DR. DAN'S PRODUCT  
AT NUTRIFARMACY**

Expires 3/31/2010

### **OTHER GREAT NEW PRODUCTS NOW AVAILABLE!!!**



#### **ULTIMATE DHA EYE by Nordic Naturals**

The newest addition to Nordic Naturals Purified Fish Oil products combines fish oil with Lutein and Zeaxanthin in a perfect blend to promote healthy vision. Take 2 soft gel capsules daily.  
**60 caps/\$49.95**

#### **ANTI-AGING SUPPORT by Nutritional Frontiers**

A new dietary supplement that actually supports youthful mind and body. Anti-Aging Support combines a unique "brain blend" of nutrients including green tea, resveratrol, grapeseed, an ORAC blend of fruits and vegetables and phosphatidylserine. Taking 2 or 3 capsules daily provides ultimate nutritional support inside and outside the body.  
**90 veg caps/\$46.99**

#### **DR. RATH'S LYSINE-C DRINK MIX from Cellular Health Formulas**

A dietary supplement drink mix containing essential nutrients for healthy connective tissue in the body. Lysine-C provides the essential amino acid lysine balanced with vitamin C and citrus bioflavonoids for optimizing production of collagen and connective tissue in the body. Collagen is the main protein in connective tissues and is essential for healthy blood, bone and cartilage.  
**500grams(1.1 Lb)/\$24.99**



## CLASSES AT NUTRIFARMACY

### **ESSENTIAL YOGA WITH DR. DAN WAGNER**

**Level I**

**EVERY Thursday 12:00 - 1:00pm**

*\$8 per session, \$7 for Club Members*

**Call NutriFarmacy at (412) 486-4588 to register!**

*'Essential Yoga' Video available for \$13.95*

### **YOGA WITH URSULA**

#### **KUNDALINI YOGA, THURSDAY 5:30-6:30 PM**

Ongoing Class Starting THUR FEB 18 \$10 per class OR 6-class card for \$50\*

#### **HATHA YOGA, SUNDAY 4:00-5:00 PM**

Ongoing Class Starting SUN FEB 28 \$10 per class OR 6-class card for \$50\*

#### **YOGA THRIVE, SATURDAY 12:30 - 1:30 PM**

*Yoga Program for Cancer Survivors & Their Support Persons*

*Free Info Session on SAT MAR 6 from 12:30 - 1:30 PM*

*7-week Session Starting SAT MAR 13 12:30 - 1:30 PM*

*\$50 for 7-week session/per person*

#### **STRESS REDUCTION WORKSHOP (1-day only class)**

Using Yoga, Breathing & Meditation to De-stress the Body SAT APR 3 1:00-3:00 PM \$20

(\* Class Cards must be used within 6-months of purchase and can be used for ongoing Kundalini Yoga and/or Hatha Yoga group classes with Ursula.

**QUESTIONS: PLEASE CALL URSULA @ 412.855.9096**

### **Hatha Yoga with Colleen Lynch**

**Tuesday Evenings**

**6:30pm - 7:30pm**

**6 weeks long, begins March 30**

**\$10/session**



## Come and take a closer look...

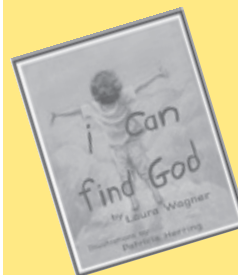
### **Dr. Dan's grandson is in a children's book!**

#### **"I Can Find God"**

*Written by: Laura Wagner*

*Illustrated by: Patricia Herring*

*Featuring: Ethan Wagner*



For more information and a preview of the book -please visit:  
[www.tuneinhere.com/laurawagner/](http://www.tuneinhere.com/laurawagner/)

**COPIES AVAILABLE NOW AT  
NUTRIFARMACY !!! ONLY \$11 !!!**