

Life in the Balance: *Strategies for Optimal Health*

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Health is much more than the absence of sickness. It is more than being physically fit. Optimal health is achieved when a woman learns how to maximize her emotional, intellectual, physical, social and spiritual well-being. In this inspirational and informative session, Dr. Low Dog will explore these five pillars of health using the best of modern scientific research and wisdom handed down through the ages. Learn how food affects your mood and which diet can help you maintain weight and reduce your risk of heart disease and certain cancers. Discover how mindfulness and self-awareness can increase your resiliency during times of stress and which dietary supplements can help enhance your health. You will leave feeling empowered and ready to take the next step along your path to well-being and health.



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OBJECTIVES:

1. Participants will be able to discuss the evidence of safety and benefit for dietary supplements commonly recommended for health.
2. Participants will be able to describe the scientific evidence for mind-body approaches to pain, anxiety, and depression.
3. Participants will be able to discuss the scientific evidence for nutritional approaches for the prevention of cardiovascular disease and common cancers.