



*Where Medical and
Healing Arts ConvergeSM*

Educational Event

Alternative Arthritis Treatments

Thursday, March 12, 2009

7:00 pm to 8:30 pm

Light refreshments will be served

Conventional medicine's use of drugs and surgery are designed to alleviate the patient's symptoms. At Tikkun Holistic Medicine, learn about alternative approaches that treat the underlying causes, often resulting in far better outcomes for the patient.

Living with chronic arthritis can contribute to mental stress, worry and fear, aggravating physical symptoms and discomfort. Topics will address a mind/body approach to living with arthritis including foods to avoid, the benefits of essential fatty acids and nutritional supplementation, the importance of exercise, therapeutic bodywork and relaxation.

Speakers: Charles Schwarz MD and Liliana Partida, Certified Nutritionist



Dr. Charles Schwarz



Liliana Partida,
Certified Nutritionist

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