



Wellness Wednesdays

Join Dr. Daryl Cooper with
Hudson Spine and Wellness Institute,
Osteoporosis Prevention Institute

Wednesdays, 7:00-8:00pm

1/11: 21 Day Detox
1/25: Fibromyalgia
2/8: Healthy Hormones
2/22: Digestive Health
3/7: Osteoporosis

Cost: Free!

Pre-registration is required

Healthy Hormones.

Synthetic hormone replacement has now gone out of favor in conventional medicine due to the serious toxic side effects. Women and men are now looking at bio-identical hormone replacement to relieve their symptoms. Is this a wise approach or are we temporarily putting out a symptomatic fire only to have to deal with a more serious underlying problem in the near future.

This workshop will explain the stressors that cause our steroidal hormones to go out of balance and how to correct them. We will explore the most accurate laboratory tests available to identify hormone imbalance and the causes. We will also discuss the testing to determine whether your treatment program is actually correcting those imbalances. Finally we will explore the effect of hormone imbalance on Brain Based function.



To register, visit www.InspiringActions.com
or call 715.381.3148

1810 Webster St., Suite 5, Hudson WI 54016