

**The Carolina Center for Integrative Medicine  
2007 Health Series Calendar – July-September 2007**

Advanced registration is required in case of cancellation. RSVP by calling (919) 571-4391 or send an email to [register@carolinacenter.com](mailto:register@carolinacenter.com). All presentations are free and conducted by Dr. John Pittman at the Carolina Center's office at 4505 Fair Meadow Lane, Suite 111 in Raleigh unless otherwise noted.

**JULY 2007**

- Topic:** Understanding the Benefits of Detoxification & Colon Therapy  
**Date:** Tuesday, July 3 – **NEW TIME! 7:00PM – 8:00PM**  
**Description:** During this presentation, you will discover methods to increase the functioning of our organs that will reduce the body burden of toxins, as well as improve cellular efficiency.
- Topic:** **MIDDAY HEALTH SERIES: Understanding the Benefits of Detoxification & Colon Therapy**  
**Date:** Thursday, July 5 – 12:15PM – 1:00PM  
**Description:** During this presentation, you will discover methods to increase the functioning of our organs that will reduce the body burden of toxins, as well as improve cellular efficiency.
- Topic:** **MIDDAY HEALTH SERIES: Thermal Imaging. Saving Breasts. Saving Lives.**  
**Date:** Thursday, July 12 – 12:15PM – 1:00PM  
**Description:** Learn the factors influencing breast cancer development, progesterone's role in breast health, and the types of breast imaging tools available for the early detection of breast cancer, including thermography.
- Topic:** **Lose Weight Quickly & Safely**  
**Date:** Tuesday, July 17 – **NEW TIME! 7:00PM – 8:00PM**  
**Description:** Learn how to follow a program that results in fat loss without hunger or muscle loss, that is clinically proven, includes portion-controlled meals, provides support and counseling, offers variety, and is recommended by over 15,000 medical providers.
- Topic:** **MIDDAY HEALTH SERIES: Lose Weight Quickly & Safely**  
**Date:** Thursday, July 26 – 12:15PM – 1:00PM  
**Description:** Learn how to follow a program that results in fat loss without hunger or muscle loss, that is clinically proven, includes portion-controlled meals, provides support and counseling, offers variety, and is recommended by over 15,000 medical providers.
- Topic:** **An Integrative Approach to Treating Chronic Digestive Disturbances**  
**Date:** Tuesday, July 31 – **NEW TIME! 7:00PM – 8:00PM**  
**Description:** Chronic Digestive Disturbances include everything from indigestion and heartburn to gall bladder dysfunction and irritable bowel syndrome. Through a methodical approach, it is often possible to identify the culprits responsible for these symptoms and develop a treatment regimen that addresses all the components of the problem, not just treat the symptoms.

**AUGUST 2007**

- Topic:** **MIDDAY HEALTH SERIES: Understanding the Benefits of Detoxification & Colon Therapy**  
**Date:** Thursday, August 2 – 12:15PM – 1:00PM  
**Description:** During this presentation, you will discover methods to increase the functioning of our organs that will reduce the body burden of toxins, as well as improve cellular efficiency.
- Topic:** **Thermal Imaging. Saving Breasts. Saving Lives.**  
**Date:** Tuesday, August 7 – **NEW TIME! 7:00PM – 8:00PM**  
**Description:** Learn the factors influencing breast cancer development, progesterone's role in breast health, and the types of breast imaging tools available for the early detection of breast cancer, including thermography.
- Topic:** **MIDDAY HEALTH SERIES: Natural Hormone Replacement Therapy**  
**Date:** Thursday, August 9 – 12:15PM – 1:00PM  
**Description:** Learn the little-known side effects of synthetic hormones and the natural hormone replacement alternative, the symptoms that may arise from low hormone levels, and the process of menopause and andropause.

**Topic:** Nutritional Supplements: Steps to Improving Your Health Naturally and Effectively

**Date:** Tuesday, August 28 – **NEW TIME! 7:00PM – 8:00PM**

**Description:** In today's world, consumers are bombarded with the lure of "designer" drugs. With so many choices readily available on every health food or grocery shelf, it's hard to choose which supplement is the right and effective one for you. Learn the benefits of nutritional supplements and things you need to take into consideration before making your next supplement purchase.

**Topic:** **MIDDAY HEALTH SERIES: Understanding the Benefits of Detoxification & Colon Therapy**

**Date:** Thursday, August 30 – 12:15PM – 1:00PM

**Description:** During this presentation, you will discover methods to increase the functioning of our organs that will reduce the body burden of toxins, as well as improve cellular efficiency.

## **SEPTEMBER 2007**

**Topic:** Natural Hormone Replacement: Bringing Your Life and Health Back Into Balance

*Sponsored by Triangle Compounding Pharmacy*

**Date:** Tuesday, September 18 – **NEW TIME! 7:00PM – 8:00PM**

**\*NEW LOCATION: This meeting will be held at The Summit Building, 3700 Glenwood Avenue, Suite 500, Raleigh\***

**Description:** Join us to learn the little-known side effects of synthetic hormones and the natural hormone replacement alternative, the symptoms that may arise from low hormone levels, and the process of menopause and andropause.

**Topic:** Chronic Fatigue Syndrome: Understanding the Big Picture

**Date:** Tuesday, September 25 – **NEW TIME! 7:00PM – 8:00PM**

**Description:** Join us as we discuss the symptoms and causes of Chronic Fatigue Syndrome, the damage caused by free radicals, and the important role of anti-oxidants.