



Webinars click on the links or paste to your URL

1. Changing Your Body for Life

- a. [Information on Changing Your Body for Life Program](#)
- b. [Video Explaining Changing Your Body for Life Program](#)

2. Keto Webinar

- a. Webinar Link - [Ketogenic Diet Webinar](#)
- b. Visit www.dietdoctor.com
- c. HERE IS A SUMMARY OF THE KETO DIET THAT WILL ASSIST YOU IN YOUR JOURNEY TO HEALTH
 - i. [Part One Handout Keto Diet](#)
 - ii. [Part Two Handout Keto Diet](#)

3. Heartburn/Reflux Webinar

- a. Webinar Link - [Heartburn Reflux Webinar](#)
- b. Additional 5 minute video: This video from naturopath Dr. Mark Axe covers the causes, symptoms, and some natural solutions to overcoming acid reflux and GERD. [How to Naturally Treat Acid Reflux](#)
- c. Important documents for your webinar.
 - i. [Reflux Handout \(Webinar Review\)](#)
 - ii. [PPI Benifits vs Risks:](#)
 - iii. [IQ Gerd Primer](#)

4. Adrenal Stress

- a. Webinar Link - [Adrenal Stress Webinar](#)
- b. Before the webinar take our adrenal quiz to determine if you may have an adrenal gland dysfunction: [Adrenal Quiz](#)
- c. [Stress Management Handout](#)

5. Migraine Solution

- a. Webinar Link - [Migraine Headache Webinar](#)
- b. Handout to go with the webinar: [Migraine Solutions Handout](#)

6. Perimenopause Symptoms

- a. Webinar Link - [Perimenopause Symptoms Webinar](#)
- b. [PDF of the Power Point Presentation](#)

7. Hot Flashes
 - a. Webinar Link - [Hot Flashes Webinar](#)
 - b. [Power Point Presentation PDF](#)
8. Low Libido
 - a. [Video on Low Libido](#)
 - b. [Low Libido Presentation](#)
9. Men's Health Testosterone Webinar 1
 - a. Webinar Link - [Testosterone Levels and Men's Health](#)
 - b. [PDF of presentation](#)
10. Men's Health Testosterone Webinar 2
 - a. Webinar Link - [Testosterone Presentation 2](#)
 - b. Complete the [Adam Questionnaire](#) to screen if you have a low testosterone level.
 - c. [PDF of Presentation](#)
11. Female Uterine Fibroids and Endometriosis
 - a. [Webinar Link](#)
 - b. [PDF of presentation](#)
12. Parkinson's Disease Webinar #1
 - a. [Webinar Link Parkinson's Disease #1](#)
 - b. [Parkinson's Disease Webinar #1 PDF](#)
13. Parkinson's Disease Webinar #2
 - a. [Webinar Parkinson's Disease #2](#)
 - b. [Parkinson's Disease Webinar PDF #2](#)
14. Parkinson's Disease Webinar #3
 - a. [Webinar Parkinson's Disease #3](#)
 - b. [Parkinson's Disease Webinar PDF #3](#)
15. Great Shoe Debate
 - a. [Great Shoe Debate Webinar](#)