



Coming Off Birth Control - what you should know.

By Dr. Pearl Arjomand, ND

Birth control pills are one of the most commonly prescribed hormones and methods of contraception used by women today. They are also commonly prescribed to treat acne and PMS symptoms. The decision to come off the pill usually coincides with a time when a woman is ready for pregnancy, or it can occur due to side-effects or concerns with the long-term risks of being on the pill. In [Dr. Arjomand's](#) blog, [Coming off Birth Control - what you should know](#), she discusses the risks and benefits of birth control and ways that naturopathic therapies can assist in rebalancing hormones and addressing the impact of birth control of overall health. .

Bone Health

By Dr. Leena Athparia, ND

Bone health, especially the growing rate of [osteoporosis](#), is a becoming an increasing concern in our population. In order to prevent bone loss, it is first necessary to identify the factors that are contributing to your bone loss. A diet that is inadequate in protein or minerals, poor digestion, inactivity, prescription medications, or the presence of heavy metals may all contribute to bone loss at any age. Join [Dr. Leena Athparia, ND](#) to learn about [Bone Health on Tuesday, March 22nd at 6:30 p.m.](#) You can also read more about [Bone Health in her blog](#).

Concerned About Your Memory

By Dr. Iva Lloyd, ND

Do you ever get a sense that your memory is not as good as it used to be? [Memory loss and dementia](#) are among the greatest health fears worldwide, second only to cancer - and with good reason. Research shows that memory loss is occurring earlier and at a faster rate. The recent [World Alzheimer's Report](#) stated that memory loss and [Alzheimer's disease](#) is the most significant social and health concern of the twenty-first century. Read [Dr. Lloyd's](#) blog to learn more or plan to join her on [March 15th for a seminar on the Assessment and Treatment of Memory Loss](#).

Natural Cancer Prevention Summit

Plan to join [Dr. Iva Lloyd, ND](#) and 30 other speakers for the online [Natural Cancer Prevention Summit](#) which is running from May 16th to 23rd. [Dr. Lloyd](#) is speaking on the role that the mind plays in the onset and treatment of cancer.

Interested in Losing Weight?

How you lose weight when you are over 40 years of age is very different than when you are in your 20's. We are introducing some new products specifically designed for weight loss for those over 40 years of age. To learn more contact [Dr. Pearl Arjomand, ND](#).

Seminar Schedule

We are back in full swing with our seminars. The upcoming topics include Weight Loss for Those Over 40, Bone Health, the Assessment and Treatment of Memory Loss, and others. We are also gearing up for our seminar on Soul Enhancement for Professionals in May. [Check out our seminar schedule](#) for more details. Keep in mind, seating is limited, so please book your spot by calling the clinic.