

The Doctor's Speakers Bureau ***Association of Natural Health Care Professionals***

The Doctor's Speakers Bureau members provide educational and informative workshops, ranging from 15 minutes to 60 minutes in length on a variety of topics. These workshops are no charge for your company, group, club, or organization and include such topics as:

Sit Right For Your Type: Ergonomics for a Healthier You

Millions of Americans spend millions of hours a year sitting on the job. Managers, receptionists, computer operators, and many others may be surprised to find that their health issues can be improved naturally. This lecture will educate the audience about how to best prevent problems like neck pain, back pain, and carpal tunnel syndrome by showing them how to sit properly without twisting or slouching. It will also give them exercises that they can do during their breaks that will increase performances and productivity.

Health and Stress Management

Stress is the underlying cause of most illnesses. This lecture will educate the audience on the symptoms of stress, how stress affects the body's overall health, and what a person can do to relieve stress, both at work and at home, to feel better.

Supermarket Shopping

Learn how to develop a plan of attack. How to make a list and which aisles you need to avoid. Learn how read a label and much more.

Real World Eating

Eating out a lot? Learn how to eat healthier on the run or when eating out in a restaurant.

Natural Approaches to the Prevention and Treatment of Low Back Pain

Millions of Americans will suffer from low back pain at least once in their life, and many will turn to medications or surgery to alleviate the pain. This presentation will give your audience a thorough understanding of the types and causes of low back pain, and offer them safe, natural, and effective approaches to preventing, treating, or recovering from low back pain.

Pressure Point Therapy: A Home Stress Reduction System

This presentation will show the audience an effective method for reducing physical stress by educating them about what pressure points are, how to locate them on a person, and how to relieve them. The audience will learn the relationship between stress, trigger points, and the effects on their health.

Five Secrets to Looking and Feeling Younger/Permanent Weight Loss

These presentations cover two of the most prominent areas of concern for the American public: looking and feeling younger as well as losing weight. This presentation will educate the audience about how the body and metabolism works and why most diets don't work, the true value of being healthy and fit; how food, water, and medication play a roll in their health, and how pain limits a person from achieving their full health potential

Understanding Fibromyalgia: A Holistic Approach to Chronic Pain

People who are suffering with fibromyalgia are desperate for relief from the constant nagging symptoms and pain associated with it. This presentation will educate the audience about safe and natural alternative methods for addressing fibromyalgia and chronic pain symptoms.

Simple Steps to a Healthy Diet

Obesity and heart disease are the biggest epidemics in the U.S. and both are directly related to poor nutrition. Learn basic nutrition in order to make healthy food choices and improve quality of life. This presentation clearly explains what protein, fat, and carbohydrates are, what to eat and what to avoid, as well as tips for healthy food preparation.

A Drug-Free Approach to Attention Deficit Disorder and Hyperactivity

Educate parents, teachers, day care supervisors, or anyone who may be distressed by a problem child about safe, natural solutions to help improve behavior and performance. It educates viewers regarding the question of whether A.D.H.D. is in fact an actual “mental” condition, what are the symptoms, statistics showing the potential dangers of using drugs to treat these conditions, the benefits of chiropractic treatment, and explains alternative, natural approach treatments for hyperactive children.

Natural Solutions to Allergy Problems

Learn about the many alternative solutions to treating allergies from both environmental and food sources, reducing or even eliminating the need for medications that may cause negative side effects, and how chiropractic can provide a natural health approach to a very common health problem.

Women’s Health

Over 80 million women in the U.S. currently suffer with PMS and menopause symptoms. Many of these women are confused as to what health options are available or even right for them. This lecture will educate the audience about natural alternatives to address this condition.

Stress is Killing Me

Stress is the underlying cause of most illnesses. This lecture will educate the audience on the symptoms of stress, how stress affects the body’s overall health, and what a person can do to relieve stress, both at work and at home, to feel better.

Here are some new lectures that have been added:

These lectures are new and a summary has not yet been written for them. If more information is needed about a particular lecture, please feel free to ask.

- 1, Children’s Health**
- 2, Healthy Heart**
- 3, Immune System**

- 4, Tired of Being Tired**
- 5, Taking Control**
- 6, Toxic World**

New Jersey Total Health Center

*142 Route 23 North
Pompton Plains, NJ 07444
Tel: 973-872-2133*

*2 Arnot St., Suite 3
Lodi, NJ 07644
Tel: 973-472-5433*