



TrueNorth Health Newsletter

Volume 3 Issue 2

In This Issue

- The Pleasure Trap: Audio interview with Dr. Goldhamer (page 1)
- TrueNorth Health Center Schedule (page 1)
- Dr. Joel Fuhrman will be Giving a Free Public Presentation (page 1)
- In The News (page 1)
- TrueNorth Books & CDs (page 1)
- Fasting (page 1)



The Pleasure Trap: Audio interview with Dr. Goldhamer

Just click and listen to Dr. Goldhamer tell it like it is....

<http://www.nutrientrich.com/memberfiles/DrGoldhamer.mp3>



TrueNorth Health Center Schedule:

The Center will operate continuously until December 23rd 2005. We will reopen on January 9th at our current location. Book early to insure availability. If you book your 2006 stay prior to December 23rd you can avoid the 3% rate increase expected in 2006.

Dr. Joel Fuhrman will be giving a free public presentation on his new book, Disease Proof Your Child

Cross and Crown School
5475 Snyder Lane
Rohnert Park, CA 94928
(707) 795-7863
Wednesday, Sept 14th, 2005
At 7pm in "The Sanctuary"

More information and map on page 2

In The News

- Study links cigarette smoking with progression of multiple sclerosis (MS)
- Elderly might not benefit from regular aspirin
- For chronic low back pain patients, chiropractic "maintenance care" cuts acute flare-ups in half
- Vitamin D studies may prompt doctors to prescribe sunshine
- Spinal manipulation is twice as effective as medical care for shoulder pain
- Average number of days of missed work for workers with low back pain (LBP) injuries: Medical patients vs. chiropractic patients
- Bronchitis and antibiotics continued on page 3

TrueNorth Store Specials

Free shipping on all orders through September 2005

The Works - *The Pleasure Trap*, The Health Promoting Cookbook, Fasting DVD and Pleasure trap DVD. This incredible package for \$65.00

The DVD Duo Package - The Pleasure Trap DVD and the Fasting DVD for only \$39.00 www.healthpromoting.com

Fasting

Fasting has been used since the beginning of recorded history. Moses, David, Elijah and Jesus were said to have fasted for as long as 40 days.

Today, fasting can be used to help compensate for the consequences of dietary excess and the resulting "diseases of Kings".

<http://www.healthpromoting.com/Articles/articles/Fastingbtf/fasting.doc>