



4 FREE WEBINARS

8 FREE CE UNITS

1 HAPPY HEALER



THE ESSENTIALS

Practical protocols and tried-and-true tips to address the essential, and often the most challenging, areas of health.

YOUR BRAIN IS A BIG DEAL

SEPTEMBER 27 | 12-2PM

Certain dietary and toxic patterns can lead to an increased incidence of neurodegenerative diseases. Learn the benefits of a ketogenic diet, and the nutrition and herbs that deliver the greatest impact on protecting and restoring brain health. Plus, get tips on cortical metrics to assess daily brain performance.

GUT & GLYCEMIC HEALTH

OCTOBER 18 | 12-2PM

This webinar discusses the two major building blocks of functional wellness: digestion and blood sugar regulation. Safe and effective tools abound, it's just a matter of knowing which ones to use and when. From managing sugar cravings, to properly digesting fats, carbs, and protein, you'll receive loads of clinical pearls to apply immediately in your practice.

'TIS THE SEASON TO BE STRESSED & SICK

NOVEMBER 15 | 12-2PM

Is it a mystery that "flu season" seems always to start at the onset of the winter celebrations, aka. Halloween? Change in weather and daylight compounded by traveling, parties, and over-indulging makes it challenging on the body. Learn which herbal adaptogen is best for which type of patient and the best immune support around. This season, being merry means staying healthy!

DETOX DONE RIGHT

DECEMBER 13 | 12-2PM

It's never too early to start prepping for the New Year! Learn what it takes to educate your patients on the benefits of a healthy, treat-your-body-right detox. You will learn to safely implement and customize detox programs as well as support ongoing detox function. Ensure that 2019 is your best year yet by kicking off it off with a SELF-CARE reset for both you and your patients.



8 FREE CE UNITS. HERE'S HOW:

Each individual webinar is approved for 2 hours of Continuing Education Units by the California **Acupuncture** Board, Provider Number 484, Category 1. California-licensed **Chiropractors**, you are able to apply these Acupuncture CE Units toward your relicensure per the California code of Regulations, Title 16, Div 4, Article 6, Section 361, Subdivision (h).

Webinars and corresponding CE units are FREE for all SPNC account holders. To receive the webinar registration link, or to open your FREE account with SPNC so you can take advantage of this opportunity, call us at 800.662.9134. **Must attend in real-time for CEU and Applied Clinical Nutrition (ACN) Program eligibility.**

SIGN UP TODAY!

To receive your webinar registration link:

call | 800.662.9134 email | seminars@spnatural.com



SPEAKER

DAVE HOGSED is a Doctor of Oriental Medicine and practices in Fort Meyers,

Florida. His integrative approach to functional wellness involves multiple healing modalities and techniques to support total body health. Dr. Dave teaches post-grad programs at the University of Miami School of Medicine and chiropractic colleges around the country. His inspiring seminars are always entertaining, practical, and packed with tools and tips for immediate application in the practice.