

Title: 7 Simple Steps in the Upward Spiral to Vitality
by Dr. Amy Day, ND - naturopathic doctor and women's health expert

Description: Come learn how to take great care of yourself to stay healthy and vital for the decades ahead!

The naturopathic medicine approach is focused on true health care, not just disease prevention. We will talk about being proactive with your medical care, making healthy choices in your lifestyle, taking appropriate supplements for your needs, balancing your hormones, optimizing digestive function, and connecting to what really matters... this will all help you to feel your best so you can enjoy your life to the fullest and make the difference you are here to make!

Bio: Dr. Amy Day received her Doctorate of Naturopathic Medicine from NCM in Portland, OR in 2004, and was the 4th ND to be licensed in the state of California. Her private practice is in Berkeley, CA, and she also teaches online classes and group programs. Learn more, and sign up for her women's wellness e-newsletter, through her website, www.DrAmyDay.com.

Dr. Amy uses an integrated approach combining diet, exercise, lifestyle counseling, stress management, nutritional supplements, herbal medicines and bioidentical hormones as she guides women on the journey to optimal wellness. Get started at www.DrAmyDay.com/adrenalguide where you can download a free copy of her newest e-book The Busy Woman's Guide to Adrenal Health.