



Holly A. Carling,
O.M.D., L.Ac., Ph.D.

Our Most Requested Topics

Brain Fog, Poor Memory & Lack of Concentration

Brain fog? Memory problems? Struggling to concentrate? Does it feel like your brain is on vacation? Reduced mental clarity has numerous causes and it takes some real detective work to identify the root problem. In this informative class, we will be covering more than a dozen causes to these problems and what you can do to "re-gain your brain."

Beyond Tums: Drug Free Solutions for Heartburn, Reflux, Indigestion & Upset Stomach

Are you struggling with digestive challenges? In this class, I will cover what healthy digestion looks like, how digestion goes awry, the mystery behind stomach acid and why acid stopping medications frequently make the problem worse. I will give you the critical information you need to correct these problems, once and for all.

Nutrition and Workplace Performance

Explore nutritional hazards as well as nutritional helps that will make a difference in your ability to be sharper at work, maintain your energy throughout the day, decrease co-worker agitation and in short enjoy your work more. This class will teach you what you may be consuming (or not consuming) that is contributing to fuzzy, short term memory, fatigue, agitation or impatience, and overall lack of optimal performance.

5 Key Obstacles to Eliminating Excess Weight

Do you struggle with losing weight, even though you are doing all the "right" things? There are 5 key, underlying reasons why people struggle with losing weight and keeping it off. I'll teach you what they are, how they occur in your body and what you can do to overcome them so that you can achieve and maintain the healthy weight you desire.



Jonathan M. Sasser,
M.S.O.M., L.Ac.



BOOK NOW



For scheduling, contact Michele,
our Community Outreach Coordinator



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208-699-5265 or 208-765-1994



Other Popular Topics

- * **Adrenals & Thyroid: Answers to Fatigue & Weight Gain**
- * **7 Secrets to Getting to Sleep, Staying Asleep & Waking Refreshed**
- * **How to Improve Cardiovascular Health**
- * **How to Combat Fatigue & Increase Energy Naturally**
- * **Overcoming Hot Flashes**
- * **Night Sweats & Other Menopausal Problems**
- * **The Inflammation-Disease Connection**
- * **Understanding Vitamins & Minerals**
- * **Solutions to Fatigue, Stress & Anxiety**
- * **Natural Solutions for Headaches & Migraines**
- * **How to Balance Blood Sugar Naturally**
- * **Stress Shrinking Skills**
- * **Natural Solutions for Asthma, Allergies, COPD & Sinus Problems**
- * **Battling Auto-Immune Diseases Naturally**
- * **How to Naturally Boost Fertility & Have a Healthy Pregnancy**
- * **Bio-Identical Hormone Recovery**
- * **Strategies for Overcoming Stress, Anxiety & Depression**
- * **Good Fats, Bad Fats, Fat Phobia**
- * **Interested in a topic not listed here? Ask us about customizing to your needs!**



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