

Lincoln Disc & Nutrition Center

2024 Spinal Workshops

Dr. Paul Firnhaber, D.C.
4535 Normal Blvd. Suite 105, Ph: 402-488-
2220 Tuesdays, 6:30 in Office or Watch on
Facebook

New Patients receive a 10% discount on any cash purchases for attending 3 talks in the first 2 months of care and then 1 talk per month thereafter! Existing patients receive 10% discount for attending 1 talk per month

- Jan. 2: **The Importance of the Nervous System in Health and Disease**
- Jan. 16: Nutrition Basics for a Healthy Humanity
- Jan. 30: **Caring for Yourself for a Lifetime**
- Feb. 13: What is the Missing Component in Healing?
- Feb 27: The Illusion of Evidence Based Medicine
- Mar. 12: The Forgotten Nerve Which connects Brain, Body, and Emotions
- Mar. 26: What is Functional Medicine
- Apr. 9: **The Importance of the Nervous System in Health and Disease**
- Apr. 23: A Functional Medicine Look at Cancer
- May 7: **Caring for Yourself for a Lifetime**
- May 21: A Really Sweet talk on Sugar
- June 4: **Chiropractic and Science**
- June 18: Alternative views on Vaccination
- July 2: Whiplash Injuries-Are they real?
- July 16: Opioids-The Prescribed Epidemic
- July 30: **The Importance of the Nervous System in Health and Disease**
- Aug. 13: Unraveling Autoimmune Disease
- Aug. 27: Chiropractic and Natural Health Care for Animals
- Sept. 10: Stealth Pathogens
- Sept. 24: Caring for Yourself for a Lifetime
- Oct. 29: **Chiropractic and Science**
- Nov. 12: Resolving Conflicts in Nutrition
- Nov. 26: **The Importance of the Nervous System in Health and Disease**
- Dec. 10: Emotions and Health
- Dec. 17: Understanding Bloodwork