

Natural Grocer's Talks 2025

212 N. 48th St., Lincoln NE

Saturdays, at 2 p.m.

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| Jan. 18 | Functional Medicine-getting at Underlying cause of illness |
| Feb. 15 | What's going on with men and Testosterone |
| Mar. 15 | How Posture affects our Health |
| Apr. 19 | The Nerve that affects Emotional Stability, healing, digestion, and more... |
| May 17 | Talking back to Ozempic |
| June 21 | Evaluating and Treating AutoImmune issues |
| July 18 | The Relationship between organs, muscles and nutrition |
| Aug. 16 | Hormonal Dysfunction in Women and How to Correct it |
| Sept. 20 | Understanding how to keep your Immune System Healthy |
| Oct. 18 | Keep Your Brain Large and Healthy-Don't let it Shrink |
| Nov. 15 | How Stealth Pathogens affect Health |
| Dec. 21 | Interpreting Your Bloodwork |