

# Natural Grocer's Talks 2025

212 N. 48<sup>th</sup> St., Lincoln NE

Saturdays, at 2 p.m.

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|-----------------|---|
| <b>Jan18</b>    | Functional Medicine-getting at underlying cause of illness                  |
| <b>Feb 22</b>   | What's going on with men and Testosterone                                   |
| <b>Mar 15</b>   | How Posture affects our Health  |
| <b>Apr 12</b>   | The Nerve that affects Emotional Stability, healing, digestion, and more... |
| <b>May 17</b>   | Talking back to Ozempic   |
| <b>June 21</b>  | Evaluating and Treating Autoimmune issues                                   |
| <b>July 18</b>  | The Relationship between organs, muscles and nutrition                      |
| <b>Aug 16</b>   | Hormonal Dysfunction in Women and How to Correct it                         |
| <b>Sept. 20</b> | Understanding how to keep your Immune System Healthy                        |
| <b>Oct. 18</b>  | Keep Your Brain Large and Healthy-Don't let it Shrink How                   |
| <b>Nov. 15</b>  | Stealth Pathogens affect Health   |
| <b>Dec. 21</b>  | Interpreting Your Bloodwork   |