



## Balance and Boost Your Immune System Naturally

Workshop led by  
Dr. Edie Resto, D.C. and Lisa Berman, HP

Now is the best time to prepare yourself for the approaching cold and flu season. Cooler temperatures, damper conditions, and reduced daylight hours challenge our body's immune system and we can become more vulnerable to viral and bacterial infections.

In this 4 1/2 hours workshop, Lisa and Dr. Edie will prepare you and your family for the changing season and share proven tips to stay healthy and balanced. You will learn to use basic homeopathic and herbal remedies and immune strengthening foods to utilize in your health tool kit.

**WHEN:** Saturday, December 6, 10am to 2:30pm  
**WHERE:** Amara Healing Center, 215 Church Road, Ojai  
**FEE:** \$75  
**REGISTER:** by email to [lisa@bermanhealing.com](mailto:lisa@bermanhealing.com)  
Pre-registration is required due to limited space



**Lisa Berman** is a passionate and inspirational holistic health counselor and workshop facilitator. Her emphasis is on psychosomatic counseling, Bach-Flower remedies and classical homeopathy. Her professional experience spans 20 years in Berlin/Germany and 10 in the US. She has been an adjunct professor at Bastyr University, Seattle since 2005 and is the author of the book: *Your Body Reveals, Awaken to Your Truth*.

**Dr. Edie** is a Chiropractor and educator dedicated to forming healing partnerships with her patients. She is a graduate of the Institute of Psychostructural Balancing where she studied a variety of massage/body work. Dr. Edie is also a graduate of Life Chiropractic College West and Bastyr University, a leading Naturopathic Medical School in the US. Dr. Edie integrates many different modalities for a powerful healing experience.



Please call Lisa for any questions: 805-804 7665