

## **Naturopathic Nutrition**

Presented by Heidi Lucas, ND, FABNO via Virtual/Zoom Meeting

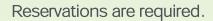


Tuesday, July 13 • 5:30p.m.

In the current climate we are all looking to strengthen our foundation of health. This is especially important in oncology as there are multiple elements affecting the healing process during and after treatment. In the upcoming Zoom presentation, we will discuss practical nutrition and lifestyle approaches that can support patients and their families in improving their vitality/energy, resilience and quality of life.

## LECTURE/DISCUSSION TOPICS COVERED:

- balance your nutrition to support blood sugar, inflammation and stress response
- learn about food choices that improve vitality, energy and immune function
- ways to add beneficial herbs into your diet and lifestyle



Please call the Hearst Cancer Resource Center at 805.542.6234 or email: HCRC@dignityhealth.org



Heidi Lucas, ND, FABNO

■ Heidi Lucas, ND, FABNO, is a Naturopathic Doctor specializing in integrated cancer care, combining conventional and natural medicine.

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