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## NATUROPATHIC MEDICINE AND HEALTHY LIFESTYLE LECTURE SERIES

Presented by Larissa Popov, N.D.

**Location: HEALING HANDS Chiropractic & Massage Centre, 923 Kingston Road**

**To reserve your seat, call: 416-699-6336**

**Admission: \$5**

**JANUARY: Principles of a Fit & Healthy Body:** Many people are interested in “losing weight” however simply dropping pounds is not the goal if you want to achieve a healthy body long term. Learn about the role of stress, blood sugar, and metabolism on body composition and effective strategies to help you achieve the fit and healthy body you aspire to!

**Date: Thurs: January 28, 2010 7-8pm**

**FEBRUARY: Detoxification Revealed:** It seems like everybody is talking about detoxification these days. What is detoxification? Why is it important? How does it work? Detoxification is an important function in the body and can make a significant impact in the treatment of many health conditions. Learn everything you need to know about detox and how to go about it safely and effectively.

**Date: Thurs. February 25, 2010 7-8pm**

**MARCH: Depression and Anxiety:** Depression and anxiety are more prevalent than ever; 40% of people in the U.S. are taking anti-depressants. Learn about the risk factors for depression and anxiety as well as several holistic, drug-free, research-based strategies to tackle the problem. The session includes practical tools that you can use at home to help you become more joyful and peaceful.

**Date: Thurs. March 25, 2010 7-8pm**

**APRIL: Cancer Prevention:** The best treatment for cancer is prevention. There are 9 modifiable risk factors which research suggests contribute to 1/3 of all cancer deaths. Understand these 9 risk factors and how you can make changes in your life to minimize their impact.

**Date: Thurs. April 29, 2010 7-8pm**

**MAY: The Importance of Antioxidants:** There is so much buzz about antioxidants lately. What are antioxidants? What do they do? How are they beneficial? Learn about the role of antioxidants in aging, mental health, inflammation and chronic disease and why they are so fundamental to a healthy mind and body.

**Date: Thurs. May 27, 2010 7-8pm**