

## Edward Bauman, Ph.D.

### Press Room

#### Lecture Topics

- **Asthma, Allergies and Adrenal Burnout**
- **Brain Boosters**
- **Brain Salads**
- **Eating for Health: A Family Plan**
- **Headaches and Heartaches**
- **Holiday Healing Secrets**
- **How to Pick Supplements: The Good, the Bad, and the Ugly**
- **Juice Fasting and Rejuvenation**
- **Just the Flax and Booster Foods**
- **Lose the Blues 2**
- **Love Potion #9**
- **Men's Health and Fitness-A Wake-up Call**
- **Metabolic Tune Up**
- **Natural Advocacy in the Medical Labyrinth**
- **Nutrition Bandits**
- **No Pain, Great Gain**
- **Spice It Nice**
- **Tipping the Scales: Breaking the Cycle of Weight Gain**
- **Women's Health: Managing Weight, Mood and Menopause**
- **Weigh to Be**

#### Description of Lecture Topics

##### **Asthma, Allergies and Adrenal Burnout**

###### **Restore your energy, immunity and adrenal function**

Emotional and environmental stress increases asthma, allergies and adrenal exhaustion. Learn how to (1) cleanse your body and personal living space, (2) choose foods that will relieve stress and toxicity, and (3) alleviate constriction in the sinuses, lungs, skin, bowels and kidneys. Discover how the Eating for Health approach can minimize dependence on strong medication while restoring energy, immunity and adrenal function.

##### **Brain Boosters**

###### **Increase your memory, mental clarity and intellectual capacity**

Learn how to increase memory, mental clarity and intellectual capacity. Eating for Health foods, herbs and brain boosting nutritional supplements will be introduced.

##### **Brain Salads**

###### **Smart ideas for sage eating**

Can't remember stuff? Spacing out? Don't know what to eat to improve brain function? If so, this lecture is for you. Learn how to power up your brain with plentiful fresh salads, toppings and dressings. Smart foods will change your mind and boost your mood and memory.

##### **Eating for Health: A Family Plan**

###### **Create a culture of health in your family**

This lecture will share information on how a family can create and sustain a 'culture of health' by integrating simple, practical suggestions from the Eating for Health model created by Ed Bauman, Ph.D. Parents are encouraged to come with

questions, problems and special needs for Dr. Bauman to respond to. Recipes, remedies and resources will be provided.

## **Headaches and Heartaches**

### **Alleviate headaches without suppressing them**

This class will investigate the relationship between the physical pain of headaches and a variety of emotional, dietary and environmental triggers. Information will be provided on how to alleviate headaches without suppressing them. A hypoallergenic Eating for Health food plan, with specific nutrients that can minimize the frequency, intensity and duration of headaches and heartaches will be delightfully presented.

## **Holiday Healing Secrets**

### **Stay in balance during the season of indulgence**

Learn Eating for Health during the holiday season. This lecture will reveal the secrets of staying in balance during the season of indulgence. Special focus will be on herbal beverages and health nogs that will bring good cheer without a morning-after hangover.

## **How to Pick Supplements: The Good, the Bad, and the Ugly**

### **Find out which supplements are best for individuals and their health problems**

Do you have supplement questions? Who doesn't? Get answers from Dr. Ed Bauman, a seasoned, non-biased nutrition expert. Find out which supplements are best for individuals and their health problems. Learn what to look for and what to avoid, when to change products or dosage, and about food, herb and drug interactions.

## **Juice Fasting and Rejuvenation**

### **Comfortably cleanse and rejuvenate yourself**

Learn from a pro how to safely and comfortably cleanse and rejuvenate yourself. The process of juice fasting and the preparation of herb teas and mineral broths will be discussed. Juice sampling.

## **Just the Flax and Booster Foods**

### **Mother Nature's toolbox**

Flaxseed is one of the least expensive, most versatile health foods in Mother Nature's toolbox. Learn about the history, research and the many ways flax can be used to prevent disease and improve health issues ranging from hormone imbalance to cancer. Booster foods such as seaweed, algae, nutritional yeast and spices will be introduced as partners in health with fabulous flax.

## **Lose the Blues 2**

### **Address metabolic weaknesses that lead to depression, anxiety and insomnia**

Depression, anxiety and insomnia are troublesome concerns for many potentially healthy people. Medication has not been a sufficient answer for many. Lose the Blues 2 will continue to unfold tools for nutritional healing to enable people with mood disorders to address the underlying metabolic weaknesses, such as chronic endocrine imbalance, digestive disturbance and immune overload that drive brain chemistry imbalances. Further deepening on the Eating 4 Health approach to healing foods, targeted herbs and therapeutic nutrients will be shared. Learn to create health one bite at a time the IET way with the delightful Dr. Ed Bauman.

## **Love Potion #9**

### **Valentines Day brings out the lover in all of us**

The most typical aphrodisiac cuisine - rich foods, chocolate, wine – can leave one with a mighty hangover. Awaken your libido and enjoy intimacy in a most delightful way. Learn about healing herbs, foods and nutrients that will increase your energy, sensuality and sexuality. This lecture is an alluring blend of science and folklore not to be missed. Bring a special friend with you to share a taste of Dr. Ed's Love Potion # 9 and let your love light shine.

## **Men's Health and Fitness-A Wake-up Call**

### **Ways men can build strength, clarity and body/mind fitness**

Men sorely need simple, practical nutrition information to help them cope with the typical onslaught of life's stresses and health concerns. This lecture emphasizes the ways men can build strength, clarity and body/mind fitness. Protocols for regulating blood sugar, cholesterol and hormone balance will be presented as well as diet, herbal and lifestyle support for prostate health.

## **Metabolic Tune Up**

### **Keys to weight balance and vitality**

Tired, sluggish, overweight? If so, then it's time for a metabolic tune up. The six main metabolic disrupters will be presented, along with the six metabolic activators, which can reverse the disruption, promote weight loss and increase vitality.

## **Natural Advocacy In The Medical Labyrinth**

### **Include integrative health care in your medical treatment plan**

Do you have a parent or loved one who is stuck in the red tape of the medical system? If too much of your time and energy is spent trying to find integrative care, then optimal healing may be compromised. Understand what you can do to improve the nutrition of your ailing loved one, advocate for complementary care and reduce medical expenses. Bring stories to share and we will form strategies for recovery.

## **No Pain, Great Gain**

### **New ways to deal with pain**

Pain has become the number one complaint in Dr. Bauman's practice. It crosses many boundaries of age, gender, condition and severity. The use of drugs, whether over-the-counter or prescription, is the standard approach to managing pain. Learn the diet, herbs, nutrients and self-care practices that can complement medication and address the locus of pain by providing repair to damaged tissue and nerves.

## **Nutrition Bandits**

### **Drive the Nutrition Bandits out of your cupboard**

Wonder why our children are overweight, inattentive, slow learners and disruptive? M & M's, MTV?

Not quite, but you're on the right track. The obvious reason is the widespread corruption of the food supply, a lack of robust physical exercise and the absence of health oriented families and school systems. Learn how Nutrition Bandits, such as refined sugar, white flour, trans fats, food additives, artificial sweeteners, colorings, flavorings and irradiation are robbing our family's health. An Eating for Health natural foods approach will be introduced to provide practical and delicious alternatives that can drive the nutrition bandits out of your cupboard. Discover how to support health, regenerate, and recover from the effects of long-term poor eating.

## **Spice It Nice**

### **Culinary secrets of a savory chef**

The art of cooking natural foods is an alchemy of tastes, textures, temperature and fresh ingredients. Join Ed for a lesson in how to use fresh herbs and spices to light up the senses and fire up metabolism with Eating for Health foods and beverages.

## **Tipping the Scales**

### **Breaking the cycle of weight gain**

Learn how xenobiotics, environmental chemicals, are contributing to the epidemic of obesity in our country. Lab tests that specify which chemicals are damaging one's health will be introduced, along with diet and nutritional strategies for safe and effective detoxification.

## **Women's Health:**

### **Managing Weight, Mood and Menopause**

#### **Nutritional keys to dealing with stress, aging and unpleasant hormonal changes**

Discover the nutritional keys to dealing with stress, aging and unpleasant hormonal changes. Learn how to lose sugar cravings and increase your metabolic rate by adding potent booster foods and energy tonics.

## **Weigh to Be**

### **Turn up your fat burning thermostat!**

So many diets, so few results ... Learn how to naturally switch on your metabolism to turn up your fat burning thermostat. Find out what contributes to, and how to overcome weight gain, malnutrition, toxicity and oxygen deficiency. Deepen your practice of the Eating for Health diet and lifestyle plan and you will shift your metabolism once and for all.