



TRUE WELLNESS SEMINAR SERIES

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As a Naturopathic Doctor I am the natural medicine expert and there is nothing I love better than teaching others about how to improve their health through my True Wellness Seminars!

True Wellness Seminar Guidelines:

- Seminars are approximately 45-60 minutes (including time for questions and discussion), but any topic can be modified to fit your event timing.
- If you don't see the topic you are seeking below, I can create a customized seminar for you.
- Please contact me for speaking rates.

Health is Wealth Series

This series targets employee wellness and issues encountered in workplace, such as stress management.

1. Health is Wealth

Did you know that the #1 trait of successful people is good health? Good health not only improves efficiency and endurance in work, but also supports concentration, creative thinking, and motivation. Learn how to support your body to ensure long-term success.

2. Stress Busters

Canadians spend more than 60% of their waking hours at work, 51% report experiencing a great deal of stress at work, and 25% have been physically ill from workplace demands and stressors! Get a handle on stress, the #1 contributor to chronic disease, and learn key strategies to manage the stress in your life.

4 Seasons of Wellness Series

This series addresses key challenges by season and can be customized for your audience.

1. Spring: Detox & Allergies

Dreading allergy season? Wondering how to do a healthy detox? Learn about the benefits of detoxification and how detox key to treating and preventing seasonal allergies.

2. Summer: Sleep & Stress

It's at the root of all disease and you have the power to change it. Get a handle on stress and learn some simple and effective stress management techniques.

3. Fall: Allergies & Immunity

Get prepared for back to school and cold and flu season. Learn how to address and prevent key fall health issues to keep you and your family healthy all year long.

4. Winter: Cold & Flu

How to handle cold and flu naturally and effectively! Learn how to address and prevent key winter health issues to keep you and your family healthy all year long.



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Blood Type Diet

1. Introduction to the Blood Type Diet

One size does not fit all! Learn the basics behind this diet system that uses simple blood type genetics to determine which foods are best for your body.

Specific Health Topics

1. Balancing Cholesterol

Beyond statins... Learn the what, why, and how of cholesterol and effective strategies to achieve healthy cholesterol balance.

2. Breast Health & Cancer Prevention

Attention ladies! Identify risk factors you can control and how natural medicine can help treat and prevent breast cancer

3. Gluten Sensitivity

What is gluten sensitivity and celiac disease? Unlock the mystery of this common food sensitivity and how it can make a major impact on your health.

4. Hypertension & Stroke Prevention

Recognize the signs and symptoms of hypertension and stroke and why these two issues go hand-in-hand. Learn about cardiovascular health and stroke prevention.

5. Managing Menopause

A reflection of lifelong hormonal health, menopause can manifest in so many ways. Learn how to prevent, minimize, and manage symptoms associated with menopause.

6. Osteoporosis and Bone Health

Calcium is just the tip of the iceberg... Learn about risk factors and diagnosis as well as comprehensive treatment options to prevent and treat bone loss.

7. Reversing Type II Diabetes

Learn about the physiology of blood sugar control and how type II diabetes can be effectively prevented and treated via safe, natural interventions.

8. Thyroid Health & Healing

The "master gland" of the body, your thyroid influences both body and mind. Learn how to understand thyroid testing and treatment options to support thyroid health.