To eat is a necessity, but to eat intelligently is an art. —LA ROCHEFOUCAULD
UPCOMING EVENTS FROM THE INSTITUTES OF NCNM

March 5–6: 4th Annual Women in Balance Symposium
Medical experts will discuss fertility, menopause, breast cancer and heart disease. Learn how to integrate alternative modalities with conventional medicine into a comprehensive integrative medical practice. Keep abreast of and manage pharmacologic, nutritional and herbal treatment protocols. Ayurvedic medicine and traditional healing modalities will be offered, including physical medicine, acupuncture and massage.

For more information: womeninbalance.org

May 20–22: 3rd Annual Traditional Roots Conference
The Traditional Roots Herbal Conference draws on clinical tradition and modern scientific research to offer the best of both worlds. Enrich your knowledge of materia medica, both for general conditions and as applied to clinical cases. We’ll have sessions covering constitutional evaluation, herbal energetics, formulation, hands-on medicine making, gardening with medicinal plants, bioregional herbalism and wildcrafting, and botanical field applications.

For more information: traditionalroots.org