



## ALASKA CENTER FOR ACUPUNCTURE

*Presents:*

### **Nourishing Our Children - A two-hour class Presented by Aubrey Spangler**

**Workshop Title: Nourishing Our Children**

**Date: Wednesday, February 17<sup>th</sup>**

**Time: 7pm-9pm**

**Cost: FREE**

**Location: Alaska Center for Acupuncture**

This dynamic, two-hour presentation is for parents, future parents, and all others who are interested in learning about the nourishing power and potency of traditional foods. These foods have often been given a bad reputation by modern dietary “experts” when, in fact, they are essential to the growth and intellectual development of our children and ourselves.

**In this workshop you will learn:**

- The role diet has in the dramatic deterioration in the health of our children, including child obesity, learning disabilities, behavior problems and other chronic ailments.
- The serious nutritional risks of today's standard American diet.
- How a traditional diet of wholesome nutrient-dense foods can dramatically turn this epidemic around.
- How some foods assumed to be healthy - commonly described as "organic," "natural" or "fortified" – are themselves heavily processed and stripped of nutritional value.
- How to transition to a healthy, wholesome diet for you and your family

**Please pre-register by calling Alaska Center for Acupuncture at 745-8688. Space is limited, so call early!**

**About the presenter:** Aubrey Spangler is, first and foremost, the mother of Raven James Spangler. Aubrey, Raven, and her husband Kirby are modern homesteaders who enjoy fishing, food preservation, growing vegetables, and living off-grid, among other things. Aubrey is also an ICU nurse at the Alaska Native Medical Center, and currently in school to become a family nurse practitioner. The Spangler's are the Matanuska Valley, Alaska, chapter leaders of The Weston A. Price Foundation.

For more information, about this and other upcoming events, visit  
[www.AlaskaAcupuncture.com](http://www.AlaskaAcupuncture.com)