

# BOTANICAL BODY CARE



LEARN HERBAL REMEDIES AND NATURAL HEALING  
METHODS TO ENHANCE YOUR BODY'S VITALITY!

OFFERED BY **KARIN UPHOFF, MS, MH,**  
CERTIFIED HERBALIST AND HEALTH PRACTITIONER  
**EIGHT THURSDAYS, 7:00-9:00 P.M.**  
**STARTING APRIL 2ND**

## *Course Outline:*

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|------------------|---|
| <b>April 2:</b>  | <b>Digestive System Part 1</b><br>the intricacies of the intestines and strengthening the stomach       |
| <b>April 9:</b>  | <b>Digestive System Part 2</b><br>cleansing the liver, pampering the pancreas and supporting the spleen |
| <b>April 16:</b> | <b>Circulatory System</b><br>helping the heart, boosting the blood & fortifying muscles, skin & bones   |
| <b>April 23:</b> | <b>Respiratory System</b><br>clearing and strengthening the eyes, ears, nose, throat and lungs          |
| <b>April 30:</b> | <b>Urinary System</b><br>cleansing the kidneys, bladder basics and attending to the adrenal glands      |
| <b>May 7:</b>    | <b>Reproductive System</b><br>understanding and energizing the endocrine glands                         |
| <b>May 14:</b>   | <b>Nervous System</b><br>nurturing the nerves and balancing the brain                                   |
| <b>May 21:</b>   | <b>Immune System</b><br>loving the lymph system and addressing acute and chronic illness                |

CLASSES ARE HELD AT THE MENDOCINO RECREATION CENTER  
INDIVIDUAL CLASSES ARE \$20.00, OR \$120.00 FOR THE FULL SERIES  
PRE-REGISTRATION IS ENCOURAGED  
HIGH SCHOOL STUDENTS ARE FREE WITH STUDENT I.D.  
FOR FURTHER INFORMATION, PLEASE CALL KARIN AT **937-2798**  
WWW.RAINBOWCONNECTION.NET

