

OPTIMAL HEALTH MINI SERIES

Moving from Survival to Fulfillment

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Homeopath, Author, Educator

Dates: Starting Friday September 30th 2:00 to 5:00 Pm and every Friday for 8 weeks

Location: Bhakti Wellness Center

7550 France Avenue South

Edina, MN

PARTICIPATION

ATTEND ONE OR ALL EIGHT IN THE SERIES...\$15 each or \$60 for the series if paid by September 15, 2016

COURSE DESCRIPTION

An eight week series of the necessary components to acquiring good health for the mind, the body and the spirit. The focus of the 8 weeks course is to help the participant develop an understanding of holistic and alternative care and how holistic care can be integrated with conventional medicine. This course will focus on the individual needs and assist them in selecting their options for achieving harmony and balance for themselves and family members and will explore how they can maintain the necessary lifestyle for the best possible health.

Course Intended Outcome

Participants will be able to recognize the factors they need to develop a plan for their journey to optimal health. Through participation they can select therapies, tools and behavior changes that will help in organizing and implementing a plan for physical and spiritual well being. The course is designed to assist the individual in constructing a blueprint for their specific needs, how to acquire their desired goals and the maintenance tools necessary for good health, long term.

SERIES...

Good Health Begins with your Teeth (September 30, 2016)

The basic foundation for good health starts with our teeth! Digestion starts in your mouth with enzymes released while you are chewing for proper assimilation and absorption of nutrients to maintain and restore health of the body

Objectives...participants will be able to

1. Recognize the foundations of healthy teeth through nutrition and general health.
2. Discuss the cause of cavities and gum disease.

3. Define holistic dentistry.
4. Relate holistic approaches to dental treatment for root canals, dental fillings, TMJ, gum and bone health, surgery, and braces.
5. Design questions for approaching a conventional dentist to obtain more holistic dental care.
6. Discuss options for holistic detox of existing dental work...fillings and root canals.

Homeopathy First Aid (October 7, 2016)

Many people have discovered the benefits of homeopathy through an acute injury or illness. Homeopathy can be used to reduce pain and shorten healing time in an economical way by the individual for themselves or family members.

Objectives...participant will be able to

1. Explain how homeopathy works in harmony with the body for injury and illness.
2. Identify the remedies needed for colds, flu, indigestion, bruising, sprains, pre and post surgery and for pre and post dental care.
3. Choose the correct potency for an injury or illness.
4. Design a travel kit for the participant and family members for vacation or kids in college.

Overcoming Obstacles to Optimal Health (October 14, 2016)

There are obstacles that will slow or inhibit your progress toward optimal health. This course will review the possible interferences to good health that come from the environment, hormones, dental work and stress. A look at the different holistic practitioners and their fields of expertise will help the participant in selecting where to go for help to compliment their care and break through barriers preventing progress.

Objectives...the participant will be able to

1. Identify obstacles present in food, dentistry, hormones, environment and lifestyle that are preventing progress.
2. Identify and choose holistic practitioners to help open blockages in the quest for good health.
3. Recognize and navigate the rich field of holistic practitioners to achieve health goals.
4. Design questions to ask in order to integrate holistic options with conventional care and between holistic practitioners.

Educating the Immune System (October 21, 2016)

Treating the cause ...not just symptoms is the basic tenet of holistic systems for optimal health. Homeopathy is a holistic system that recognizes the importance of the mind, the body and the spirit. The classical homeopath will look for the root cause of an imbalance in order that the best balance can be achieved for the individual on all levels, resulting in greater health and immunity.

Objectives...the participant will be able to

1. Identify the basic principles of classical homeopathy.
2. Identify the process the classical homeopath uses to select a remedy to help the person balance and improved immunity.
3. Discuss the benefits of being on a classical homeopathic remedy.
4. Identify the benefits of homeoprophylaxis as a compliment to homeopathic care.

A Spiritual Journey with a Destination (October 28, 2016)

In a stress filled world sitting in silence can be golden to the body and mind. Learning to quiet the mind can be a challenge however in today's world. By looking at Integral theory, Pilgrim's Progress and the book of Job in the Bible, the participant can access the stillness of God's presence through meditation.

Objectives...the participant will be able to

1. Define meditation.
2. Discuss the benefits of meditation.
3. Relate to their own journey in life through Integral theory (Ken Wilbur), Pilgrim's Progress (John Bunyan) and the book of Job (Bible) to design a practice of meditation.
4. Develop strategy for overcoming physical, mental and emotional challenges through meditation.

Changing for Good: Breaking the Barriers to Wellness (November 4, 2016)

In order to achieve optimal good health, the person must be aware of what needs to change, how to change, the necessary steps in changing and maintaining a healthy lifestyle. The basic premise of James Prochaska's *Changing for Good* is a model that can easily help those who want to achieve optimal health.

Objectives...the participant will be able to

1. Define the steps in change.
2. Identify the steps missing in their lifestyle.
3. Identify behavior changes that can benefit progress
4. Design a purpose and goals for necessary changes using the Integral model discussed in the Spiritual Journey seminar.

Overcoming Obstacles for Individuals with Special Needs (November 11, 2016)

You have tried everything to help your family with a special needs individual to little avail...Learn how electrodermal screening can aid you in choosing the right holistic practitioner or remedy. Through a review of case studies learn how the screening can identify food and environmental sensitivities, heavy metals, parasites, bacteria and molds that interfere with the ability of a special needs individual to attain optimal health.

Objectives...the participant will be able to

1. Identify the principles of electrodermal screening.
2. Identifying through case studies, the role electrodermal screening can play in breaking through barriers for those with special needs.
3. Select holistic practitioners that could benefit the person with special needs by the results of the screening.

Integrating All Aspects of the Healing Process: Advocacy and Action Planning (November 18, 2016)

To obtain the health you want ...you will need to become an advocate for yourself and your family. The conventional model of healthcare is dominated by institutions and philosophy that are contrary in some respects to a holistic approach to wellbeing. By knowing your options and how they may help your family, you can become a partner in choosing the best therapy and practices for your own best interests.

Objectives...the participant will be able to

1. Design the questions to ask your conventional practitioners to integrate holistic care.
2. Identify the resources, agencies and legislation that relate to your needs.
3. Review and discuss the process in lobbying for the care you want through your local legislator.
4. Design an integrative advocacy plan for your family on your journey to optimal health.

TO RESERVE YOUR SEAT FOR ONE OR THE SERIES USE THE CONTACT FORM REQUESTING THE SERIES OR AN INDIVIDUAL SEMINAR