



***Cameron Clinic of
Oriental Medicine***

The Three Free Therapies

Deep Relaxation

Nutrition

Movement

December 8, 2008

9a—1:30p

About our speaker

Nan Cameron, MSN, RN, LAc

Ms. Cameron opened the Cameron Clinic of Oriental Medicine in March of 2000 after receiving her Masters in Oriental Medicine degree from the International Institute of Chinese Medicine in Santa Fe, NM. She spent the summer of 1999 completing a clinical internship in hospitals in Beijing and Chengdu.

Ms. Cameron practiced as a registered nurse for more than 20 years before returning to school to study Traditional Chinese Medicine. She received a Bachelor of Science in Nursing degree from the University of Kentucky and a Masters of Science in Nursing degree in oncology (cancer) nursing from Gwyneddó Mercy College.

Ms. Cameron is licensed as an acupuncturist by the North Carolina Acupuncture Licensing Board (NCALB). She served as a Board Member of the NCALB from December 2002 ó June 2008. She is recognized as a Diplomate in Acupuncture and Chinese Herbology by the NCCAOM (National Certification Commission for Acupuncture and Oriental Medicine). She maintains licensure as a Registered Nurse.

Nan Cameron, MSN, RN, LAc
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When: Monday, December 8
Time: 9a—1:30p
Location: Cameron Clinic of Oriental Medicine
Cost:
Early Registration (by 12/1) \$45.00
Late Registration (after 12/1) \$55.00

Registration Form:
Payment
 Visa Mastercard Check
Credit card # ____/____/____
Expiration Date: _____
Name on Card: _____
Signature: _____
Total amount due: \$ _____
Name: _____
Address: _____
City: _____ State: _____
Telephone: _____
Email: _____
Mail to: Cameron Clinic of Oriental Medicine
1928 South 16th Street
Wilmington, NC 28401
Call: 910-342-0999
Fax: 910-342-0993

Take control of your health and happiness

Join Nan Cameron for a fun and exciting morning in exploring *The Three Free Therapies of Deep Relaxation, Nutrition and Movement*.

As an oriental medicine practitioner, I find patients asking me many of the same questions daily in clinic.

“What should I do?”

“Tell me what supplement to take?”

“What should I eat?”

“How can I feel less stressed”

There never seems to be time to provide enough information during the patient visit! I have spent many years filling up my chest with lots of self care tools. Some tools such as meditation I use daily, others like massage - monthly or some I've tried but decided they were not my cup of tea. It's nice to know that I have lots to choose from. This is the first in a series of workshops in which you will have the opportunity to gain a better understanding of relevant topics about your health and try out different self care practices. Take time to discover what works for you.

Learn the anatomy of stress and its effects on your body, mind and spirit. Begin to assess the balance in your life and where you could use some adjustments.

Do a guided Qi gong meditation called the Smiling Practice. Qi gong is the practice of internal energy development. The Smiling Practice helps cultivate and balance your qi or life energy.

Did you know?

- 75% of your immune system is in or around your digestive system?
- 95% of your serotonin is manufactured in your gut?

Learn how your digestive system works. What's all the hype about digestive enzymes, probiotics and essential fatty acids (EFAs).

Stimulate the flow in your lymphatic system with some easy exercises and end the day's session with an easy walking meditation that you can use to release stress and calm your busy mind.

Understanding how to keep balance in your life and recognizing how to best help yourself allows you to enjoy the richness of your life.

Prepare for the busy holiday season and get a jumpstart on 2009!

9:00 - 9:45a Happy with Self

9:45 - 10:30a The Smile Within: A Guided Qi Gong Meditation

10:30 - 10:45a Break

10:45 - 11:45a The Digestive System: Digestive Enzymes, Probiotics and Essential Fatty Acids

11:45 - 12:00a Exercises for lymph drainage

12:00 - 1:00p The Digestive System: Digestive Enzymes, Probiotics and Essential Fatty Acids

1:00 - 1:15p Break

1:15p - 1:30p Walking Meditation

My friend, Luleen Anderson in her book *the Knack of a Happy Life* writes, "the good news is we have a choice. We have the freedom to put our body on the list for regular care and maintenance. Each of us has the responsibility of taking loving care of our body, instead of pretending that our body will make an exception for us."



THE
THREE FREE
THERAPIES: