



Loudoun CFS & FM / Chronic Pain Health Seminar Group

Five Saturday Afternoons in 2009, 2:00 - 4:00 pm

held at the

Inova Loudoun Hospital, 44045 Riverside Parkway, Leesburg, VA 20176
 Conference Room A/B - Across from the Birthing Inn, around back of Hospital

February 7



**Thomas Ziegler,
 Pharmacist
 Medicap Pharmacy**

Postponed.

Group members educated one another, chatting about food, medicine, resources, and practitioners, sharing detailed experiences, knowledge and coping skills.

April 4



**Brian Wallit, MD, MPH
 Rheumatologist
 Georgetown University**

"Fibromyalgia (FM)"
 Looking at FM from a historical perspective; from a framework for how the experience of FM consciousness is perpetuated; and through recent understandings in brain science. Looking at a range of treatment issues for Fibromyalgia.

June 6



**Beth Eckhaus
 Certified Holistic Health
 Counselor, Leesburg, VA**

Integrative Nutrition:
 Food as Medicine on Your Healing Journey. Foods for energy, to lift the spirit, for less pain, inflammation. Identifying foods that exacerbate symptoms. The importance of whole foods and primary foods, the ones that don't come on a plate. Q&A

September 5



**Jonathan Gilbert
 NCCAOM Herbalist &
 Acupuncturist
 TheGilbertClinic.com**

"When Pushing Stops Working" A nervous system can only be pushed so far before it gets stuck in a wide variety of unusual symptoms. Chinese medicine has the depth to calm the nerves down and rejuvenate health -- with your help.

November 7



**Martha Calihan, MD
 Family Medicine,
 Holistic Medicine,
 Leesburg, VA**

Dr. Calihan combines modalities from many medicine traditions and approaches each patient from a unique vantage point with personalized care for optimal health and well being. She offers Mind-Body Medicine, Functional Medicine, & Integrated care.

For more information or to sign up for meeting reminders by email, contact facilitator Elly Brosius at (703) 968-9818, write cfsupport-owner@yahoo.com or visit www.cfsnova.com/events.html