

# Naturopathic Approaches to a Good Night's Sleep 🌙



Trouble falling/staying asleep?

Waking up unrefreshed?

Convinced your energy and stamina  
can improve but unsure how?

*Insomnia, considered by many physicians to be a growing health epidemic, affects approximately 60 million adults in the US. Insomnia as a persistent health symptom often points to an underlying health condition that warrants careful evaluation and assessment by a qualified health care provider.*

Come join us and learn how to safely and effectively use **natural medicine** to help  
IMPROVE YOUR SLEEP.

**Saturday July 31, 2010 at 1:00 PM**  
**Harbor Athletic Club, Wellness Center**  
**RSVP: [info@Center4NaturalMed.com](mailto:info@Center4NaturalMed.com)**  
**Suggested donation of \$10 to charity\***

During this hour-long presentation, Dr. Ruddy will discuss conventional treatment options for INSOMNIA as well as their natural alternatives (Botanical Medicine, Clinical Nutrition, Homeopathy, and Mind-Body Medicine). Handouts, samples and other relevant materials will be provided in class.

*Bio: Dr. Ruddy is a Vermont-licensed, board-certified Naturopathic Doctor who completed his 4-year medical education at Southwest College of Naturopathic Medicine along with 2 years of clinical training at the Southwest Naturopathic Medical Center in Arizona. His areas of clinical experience include mood/affective disorders and other psychiatric conditions, cardiovascular health, rheumatologic/autoimmune diseases, as well as various chronic health issues such as hypertension, anxiety, insomnia, migraine and chronic fatigue.*

Please visit [www.DrRuddy.com](http://www.DrRuddy.com) for more info.

\*International Medical Corps



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NATURAL MEDICINE**  
*where healing begins*