

Mara is passionate about educating people about how natural medicine can improve their health and help them find physical and emotional balance.

Mara welcomes the opportunity to speak to groups of people on the nature and benefits of natural remedies and other health issues.

Topics may include:

- ◆ Natural Approach to Stress in the Workplace
- ◆ Nutrition for the Sports Enthusiast
- ◆ Immune System Boosting
- ◆ Seasonal Allergies
- ◆ Heart Health
- ◆ Bone Basics: A Holistic Approach to Osteoporosis
- ◆ Cleansing and Detoxification
- ◆ Aromatherapy Facials
- ◆ Beat the Heat: Natural Hot Flash Relief
- ◆ Relief from Insomnia
- ◆ Herbs for Pets