



SATURDAY, JUNE 26, 2020 | ONLINE

"HEALING HEARTBURN, NATURALLY"

A HALF-DAY WEBINAR WITH
TIERAONA LOW DOG, MD

60 million Americans experience heartburn weekly, and another 15 million experience heartburn daily. Add the 30 million living with chronic gas, bloating, and constipation, and it is clear that many people struggle with a dysfunctional gastrointestinal tract. And as a result, tens of millions are unnecessarily taking potent acid-suppressing medications, often for years, and unaware of the potentially damaging effects.

In some cases, suppressing acid with medications called proton pump inhibitors (PPIs) is appropriate, even long-term. But studies show a startling 40–63% are prescribed inappropriately. And unfortunately, long-term acid suppression can lead to serious health problems. However, the good news, 75% of people experiencing acid reflux have mild-to-moderate symptoms that are entirely amenable to lifestyle and natural approaches.

In this half-day webinar, learn about the potential adverse effects associated with PPI use—from gastrointestinal infections and food allergies to cognitive impairment and possibly gastric cancer. I will teach you the lifestyle and dietary changes as well as botanical therapies you can use to alleviate your heartburn and acid reflux while restoring and optimizing your gut health.

Produced by
MEDICINE LODGE ACADEMY

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RIGHTFUL



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SCHEDULE

(ALL TIMES IN US MOUNTAIN TIME)

- 9:00-9:15 WELCOME + CHECK-IN (LIVE ZOOM)
- 9:15-11:15 PRESENTATION BY TIERAONA (PRE-RECORDED)
- 11:15-12:00 LUNCH BREAK
- 12:00-12:15 DISCUSSION WITH FOUNDERS OF RIGHTFUL (LIVE ZOOM)
- 12:15-1:15 Q&A + CLOSING WITH TIERAONA (LIVE ZOOM)

NOTE: We will use the online applications *Teachable* and *Zoom* for this event. Once you purchase your spot, you will receive an email (check spam folders) to guide you through the account setup process for *Teachable*. Once this happens, please familiarize yourself with the platform, as well as *Zoom*.

All webinar content (including links for the live *Zoom* portions) will be available in your *Teachable* account. While you will have access to your *Teachable* account beforehand, our content will not be visible to you until June 26. You will have continued access to the content for 30 days after our live event.

Questions? Email us! Support@MedicinelodgeRanch.com

WWW.MEDICINELODGERANCH.COM