

Free Indeed!

Falls City, OR
info@FHERonline.com
[@familyhealthandeducation](#)

Dear Physician,

Your patient is participating in an online educational course on preventing and overcoming substance abuse and addiction, as well as the effects of depression within the cycle of addictive behaviors. This course is based on the latest scientific research and peer-reviewed publications on the prevention and treatment of substance abuse and depression through lifestyle.

The program promotes a high-nutrient, high-fiber, low-fat, and natural sugars diet. Participants are taught the rationale and importance of regular exercise, healthy exposure to sunlight, fresh air, and a regular schedule for sleep and meals. During the course of the twenty-part course, some participants have experienced significant changes in mood and energy/activity levels, as well as changes in weight.

We insist participants consult with their health care professional before making any changes to medications, as such changes should only be made under careful medical supervision.

Please feel free to contact Julia Bellman, program facilitator, with any questions or for additional information at julia@fheronline.com.

Sincerely,

Julia Bellman, Director
Family Health & Education Resources