

Spiritual Frontiers Fellowship *presents*

Six Pillars of the Natural Lifestyle Path

Every day, it seems, there is something new in the news about the right foods to eat, the best supplements to take, which healing modalities are best to integrate into our lives. How are we to digest this massive amount of information coming at us? Who can we trust? Dr. Oz? Dr. Mercola? In this lively and educational talk, **Steve Long** will help us learn the basics and offer guidance to help us answer these questions for ourselves.

Steve's talk will provide a roadmap for optimizing health in the easiest and simplest manner, covering several areas:

- The six pillars of natural health and how to implement them in your life
- Seven basic supplements we all should take
- The importance of sleeping well and how to accomplish it naturally
- Our food, and how to interpret designations such as organic, natural, and wildcrafted
- Water and why it is extremely important for your health
- How to keep your home healthy
- Maximizing your body-mind-spirit connection.

The final 20 minutes of the talk will be opened to questions from the audience with Steve and his wife, Nancy Long, ND.

“Eating healthy foods is fun, very tasty, and not expensive!” Steve promises. The information in his talk will help you create a personalized health strategy to ensure your success on the natural lifestyle path. Join us, and get ready to be healthy!

Steve opened his healing practice, SoulSpace Holistic Health, in 1996, where he facilitates healing and growth for his clients and loves helping them optimize their lives through the natural lifestyle and natural healing ways. He is a healing touch therapist, a Usui Reiki master teacher, a space clearing professional, and a teacher of Tibetan chakra toning. To learn more about Steve and his work, or to make an appointment, visit www.SteveLongReiki.com.

Steve and his wife, Nancy, own Harmony Farms Natural Food & Supplements Store in Raleigh, where they both have their respective healing practices and also a gallery of Steve's professional photographs. They publicize Spiritual Frontiers Fellowship events at the store are long-time and generous supporters, most recently donating a gift certificate as an Angel Door Prize in April, a raffle prize in May, and participation in our annual Psychic & Healing Fair in June. Learn more about the store, the only one in Raleigh with 100% organic produce, at www.Harmony-Farms.net.



Steve Long

Thursday, August 2, 2012

**3209 Gresham Lake Rd, Ste 131
Raleigh, NC**

**Admission: \$10;
\$8 seniors & students**

**Doors Open - 6:45 PM
Meeting - 7:15 PM
Early Meditation - 6:30 PM (free)**

**Visit us online at www.Spiritual-Frontiers.com.
SFF meets the first Thursday of every month except July.**