

FOLLOW THE SUPPERS PATH TO VIBRANT HEALTH

COOK — — — → TASTE

# Detoxify Naturally

*with foods, herbs, supplements & behaviors*

REPEAT ADJUST

FEEL

CHANGE

## A Suppers Programs Workshop at Whole Earth

**Wednesday, March 4 • 7 pm to 8 pm**

**Free • Sign up on Eventbrite (search for Detoxify)**

Deborah Ginsburg, MD of Healing Oceans Family Wellness Center will talk about detoxification:

- Reducing toxins in food and home
- Practices to help your body detoxify, including herbs and supplements and food.
- Tests that can help evaluate your toxic burden.

And she will tie toxic burden to immune, auto immune, neurological and endocrine issues.

**DR. DEBORAH GINSBURG** is a board certified Family Doctor with additional certification in Integrative and Holistic Medicine. As a Family Doctor, Dr. Ginsburg is the primary doctor for most of her patients, adults and children. She also serves as a consulting voice in matters where someone wants a holistic perspective. She has a solid foundation in conventional medicine as well as deep respect for and understanding of a variety of alternative modalities. Dr. Ginsburg owns Healing Oceans Family Wellness Center in Skillman where she provides integrative, holistic medicine for the whole family, with concentrations in women's health, pediatrics, immune strength, nutrition, birth, and building health.

**Whole Earth Center**

PRINCETON'S NATURAL FOODS GROCERY • SINCE 1970

360 NASSAU STREET • PRINCETON • WHOLEEARTHCENTER.COM  
MONDAY-FRIDAY 8AM-9PM • SATURDAY 8AM-8PM • SUNDAY 9AM-7PM