



Dr. Shibuya's **March 26, 2016**
Super (Saturday) 9AM-12PM
Shape Up
Seminars (Half-Day)

(1) Detoxification, Anti-Inflammatory Diet & IV Nutrients:

Do you want to "shape up" & "clean up" your life once and for all? Come & learn how Dr Shibuya transformed himself & how you can customize your own super shape up.

Dr Shibuya will share with you the information he has gathered from the latest, leading integrative conferences he has attended.

(2) Potpourri Pain Management: Are you tired of taking tons of pain pills or have experienced medication side effects? Come & learn how to better manage your pain with less pills.

Dr Shibuya will explain how pain psychology techniques (CBT & MBSR), sleep, supplements, diet & exercise help to reduce pain. Dr Shibuya will also explain how Iovera & Traumeel injections work for knee pain.

About the Speaker: Barry Shibuya M.D. is triple board certified in Rheumatology, Internal Medicine, and Integrative Medicine. He practices in Fremont Rheumatology and Fremont Holistic Center.

Space is limited to 20 participants only. Register now!

Agenda:

8:30AM – 9 AM: Registration
9:00AM - 10:30AM Detox, Anti-inflammatory Diet, IV Nutrients
10:30AM - 10:45AM Break with healthy snacks
10:45AM – 12pm Potpourri Pain Management

To learn more:

Shibuya Integrative Health - <http://www.FremontHolistic.com>
Fremont Rheumatology – www.DrShibuya.com

Co-presented by
Fremont Rheumatology

2016
Integrative Health
Educational Event

Cost: \$50 per person

Registration
website:

www.DrShibuya.com
click on the "EventBrite
Registration link"

or Call 510-791-1300

SEMINAR LOCATION
3775 Beacon Ave.
Ste 100
Fremont, CA 94538

