



Natural & Digestive Health, LLC

Julie Bruns, CNHP, ADHP, BSN

About Julie

Julie has been captivating audiences for more than 30-years by bringing education alive with real life stories.

Participants feel her passion for enhancing the human condition as she understands the human heart, soul, and body through her own health transformation and healing from trauma. Be prepared to laugh and cry as you learn how your body works and what you can do to bring your healthy back!

Keys to a Healthy Heart

Participants will understand key factors related to having a healthy physical and emotional heart.

The Super Six

Overview of the six most important factors to master the basics of good health.

Overdraft Protection: Keeping a positive balance in life's account

Understand the stress response in the body.

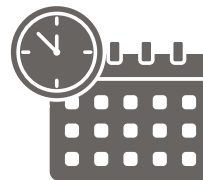
Learn simple techniques to respond vs react to the stress response.

Contact Info

- julie@jbrunsnaturalhealth.com
- 763-333-6749
- www.jbrunsnaturalhealth.com

Natural & Digestive Health Presentations

Lunch and Learns



30-Minute Presentations

Here's what others are saying:

Excellent lecture!!

"I'm definitely going to change some of my habits based on this information."

"Gave me a new way of looking at health!"

"Good information!"

"Great info! Great speaker!"

"Interesting topic and knowledgeable!"

"Love! My favorite part of the day. I'm passionate about nutrition and she knows her stuff."