

**STORE HOURS: MON-FRI: 9:30am-6:00pm | SAT: 10:00am-3:00pm | SUN: CLOSED**

**23811 HAWTHORNE BLVD. TORRANCE, CA 90505 | Ph: (310) :375-0655 | Fax (310) 375-7255**

**Friday, June 21st | SALEDAY | 15% OFF YOUR PURCHASE!**

Let's Get Social!  [www.facebook.com/remedypharm](http://www.facebook.com/remedypharm)  [remedypharm](https://www.instagram.com/remedypharm)

Like, Comment, Share for 10% off your Purchase

Some restrictions apply. Discounts cannot be applied to prescriptions.

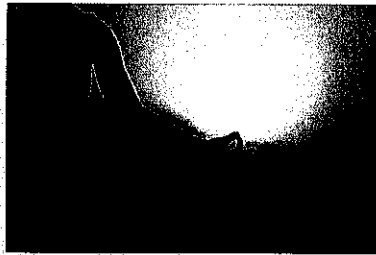
**Saturday, June 29<sup>th</sup>**

**2:00pm-3:30pm**

**TRANSMISSION MEDITATION**

Transmission is a simple, group meditation that provides both a dynamic form of service and a powerful tool for your own personal spiritual development.

Also learn about the most profound spiritual event in history happening now!



FREE ADMISSION

Space is limited please RSVP at (310) 444-2978

[Transmissionmeditation.org](http://Transmissionmeditation.org)

Sponsored by Share International USA

[Share-International.org](http://Share-International.org)

**Remedy Pharm Offers  
FOOD INFLAMMATION TEST**



**KBMO**  
DIAGNOSTICS

Pricing: \$349.95 for 132 foods  
\$174.95 for 22 foods

KBMO Diagnostics: FIT TEST measures the sensitivity to 132 foods, colorings, additives spanning all major food groups.

The FIT Test employs unique methods that detect both IgG antibody and Immune Complexes together to determine the reactivity of each sample against a wide variety of food antigens

Contact Remedy Pharm @ (310) 375-5459

**Sunday, June 23<sup>rd</sup>**

**10:30am-12:30pm**

**SOMATIC MOVEMENT THERAPY**

Are you tired of acute or chronic pain? Do you suffer from arthritis or joint stiffness?

Somatic education in the Tradition of Thomas Hannah is a system of neuromuscular education (mind-body training) that enables you to enjoy freedom from pain and more comfortable movement for the rest of your life.

Join **Farzaneh Jafari, Ph.D,**  
Bring your yoga mat, large towel  
and wear loose clothing



Limited seating. Call Farzaneh at (310) 408-5950

**Tuesdays, June 11<sup>th</sup>, 18<sup>th</sup> 25<sup>th</sup>**

**9:00am-10:00am and 6:00pm-7:00pm**

**BONES FOR LIFE**

**Thursdays, June 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>**

**9:30am-10:30am**

**ALIGN THE SPINE**



Do you want pain-free fluid movement, a stronger skeleton, a more upright posture, an improved balance or a springy, easier walk? Bones for Life and Align the Spine will help you reclaim all that accidents, gravity or age have robbed from you.

Feldenkrais based lessons are very gentle, powerful, pain free exercises that provide you with improvement in all mobility especially in your spinal comfort and that promote improved bone health. **Joy Dirham Ambro** is a registered physical therapist and Guild Certified Feldenkrais teacher who has taught these classes for 15 years and has seen excellent improvements in her students.

Contact Joy at (310) 346-8751

or by E-mail at [joyfulmobility@gmail.com](mailto:joyfulmobility@gmail.com)

# JOIN US FOR THE FIRST OF ITS KIND, SEED NUTRITION PRESENTATION!

**A NEW CATEGORY IN HEALTH & WELLNESS**

**YOU WILL LEARN HOW:**

- **EVERYTHING IN NATURE BEGINS WITH A SEED**
- **SEED NUTRITION AND THE SCIENCE BEHIND IT**
- **ITS POWERFUL DAILY IMPACT ON YOUR HEALTH AND WELLNESS**

**SEEDS ARE THE GENESIS OF LIFE AND THE MOST CONCENTRATED FORM OF NUTRITION IN NATURE**

**HEAR FROM OUR GUEST SPEAKER, BARBARA DEVICO BASW, C.Ht, CHE, AS SHE SHARES HER JOURNEY BACK TO HEALTH FROM CANCER AND HOW SHE INCORPORATED SEED NUTRITION AS PART OF HER HEALING JOURNEY.**



**SATURDAY JUNE 22nd from 1:00 to 2:30pm  
REMEDY PHARM 23811 HAWTHORNE BLVD, TORRANCE  
RSVP (310)701-4325 OR HELTHIBODI@AOL.COM  
SEATING IS LIMITED (COMPLIMENTARY EVENT)**

# Confident *Communication*

## Workshop & Mixer

Thursday, June 6th  
7-8:30 PM  
The Remedy Pharm  
23811 Hawthorne  
Blvd.,  
Torrance, CA 90505



Join us for this **FREE Workshop and Mixer** where you will learn how to unlock your greatest asset, your ability to communicate with confidence.

If you're frustrated because you feel unheard, your family, friends, co-workers, clients, etc... ignore your boundaries, or you feel exhausted by constant power struggles, then you will love, love, love this workshop!

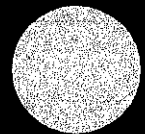
When you attend you'll discover that communication is natural for you. The problem is you haven't learned how to "read" the energy of the situation so you can master it.

***Discover the unique method that will help you:***

- Identify and step out of the power struggle.
- Be heard, no matter how obstinate the person or difficult the relationship.
- Activate your inner warrior woman and create clear, decisive boundaries.
- Release stress and anxiety.
- Find inner resources of peace, ease, and true empowerment.
- Use language skills to negotiate for win-win-win outcomes.
- Learn when it's okay to "walk-away" and when you should stay.

***For women only, this evening includes wine, nibbles, mixing, and mingling***

Seating is very limited so register today at:  
[MyJoyCode.com/events](http://MyJoyCode.com/events) or contact Kim Bright  
at [kbright@royalaa.com](mailto:kbright@royalaa.com) or 310-257-0751.



# Men's Health Seminar: How to Optimize Health and Performance

June is Men's Health Month. Only 30% of a man's health is determined by genetics; therefore, 70% is determined by your lifestyle. Knowledge is power. Please attend with a partner or friend to build awareness and support your health.



## What you will learn in this Seminar:

- The impact of inflammation and stress on heart health, blood lipids/sugars and prostate health
- Review the facts on testosterone deficiency + how to treat it properly to improve vitality, heart/brain health and fat loss.
- Discover 10 key foods + 3 proven supplements to improve your muscle strength, blood lipids, prostate and sexual performance
- What blood tests are essential biomarkers for your health
- Discover a non-invasive, drug-free therapy to improve ED

**Date:** Saturday, June 8th from 10:30-12:00 noon

**Location:** Remedy Pharmacy: 23811 Hawthorne Blvd. Torrance CA 90505

**Costs:** Free!! Enjoy a raffle, complementary handouts and recipes for healthier living

**RSVP:** Please call 310-373-7830 to reserve your spot~ This seminar will sell out!

**Speakers:** Allen Peters MD & Jeanne Peters RD



Jeanne & Allen Peters are the co-founders of the **Nourishing Wellness Medical Center**. Their mission is to help you feel fantastic and age naturally through healthy eating, hormone optimization and lifestyle medicine. As a doctor/dietitian duo, they treat the root cause of hormone imbalances, inflammation and weight loss resistance to create a plan of action to rejuvenate your body. Discover their revolutionary, yet pleasurable approach to eating, lifestyle, cooking classes and medical programs at [www.nourishingwellness.com](http://www.nourishingwellness.com)



**GAINSWave®**