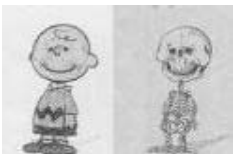
Holistic Holiday At Sea V
March 30 – April 6, 2008



Healthy Bones for a Lifetime

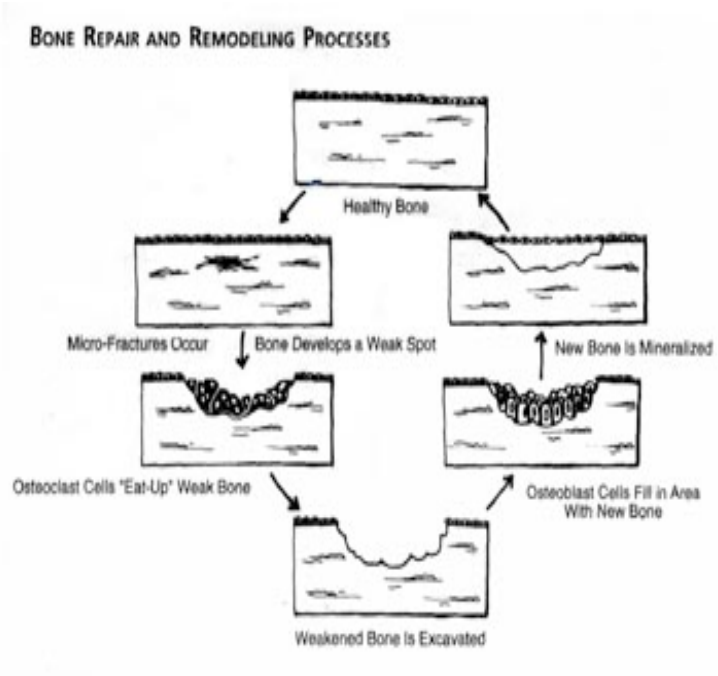
David Briscoe, Instructor

Note Taking Guide

"What are the natural qualities of human bones?"

Common Misconceptions about Our Bones

Bones at Work



Acid & Alkaline
"You've got to score 7.4"

The Kidneys & Bones
"The Kidneys rule over the bones."

Bone Robbers
1.
2.
3.
4.

Bone Nourishment & Bone Builders
1.
2.
3.
4.

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