

Bone Health - Calcium May Not Be Enough!

Continued from page 2

Acid Reflux” in The Villager 04/21/22 (Part 1) & 04/28/22 (Part 2). Symptoms of a high alkaline pH body include stiff joints, bowel toxicity, circulatory conditions, muscle cramps, diarrhea, and lowered resistance to diseases from micro-organisms, to name a few.

In Part 2 of this 2-Part article, we will take a closer look at Factors #4 to #7.

*Please note that when I use the term “optimal” in any of my articles, such as optimal health, optimal levels of nutrients, and/or optimal Laboratory Report test values or reference ranges, I am referring to Homeostasis. Ex: when your Laboratory Test values (or results) are within the range for Homeostasis, you are truly healthy (i.e., have optimal health).

Homeostasis is identified by a Clinical Nutrition Analysis of your Lab Reports, because the reference ranges on the Lab Report itself, refer to disease and life-threatening states, not health.

This is why people can be suffering from symptoms even when all their medical tests are “normal,” i.e., showing, for example, their test values are within the reference ranges on the Laboratory Report itself.

To evaluate whether you have a calcium imbalance and/or calcium-related health challenges, to grow healthy bones and/or improve any area of the body, please call me at (940) 761-4045. First Consultation Free!

Dr. Smith is the owner of *ADVANCED CLINICAL NUTRITION* (Est. 1981) in Wichita Falls, Texas, with clients residing in 37 U.S. states and seven international countries. Since opening her business, she has continued to hold a successful track record of over 90% in helping her clients improve their health, and she can help you, too, no matter where you live.

Information for Nutritional and Bioenergetic Education only and not for the diagnosis or treatment of any medical condition or disease.

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The 21st Annual Indian Market & Ceremonial Dance

American Indian Art, Culture & Dance!

Saturday & Sunday, June 4 & 5, 2022
10:00 a.m. to 4:00 p.m., Both Days

Award-winning American Indian artists will sell and demonstrate authentic artwork in a juried show. Performances, music, honoring of veteran Brad Black Crow, live Hawks, Eagles, Denver Museum of Nature and Science and History Colorado exhibits. Delicious cuisine from The Fort Restaurant.

Fun for the Whole Family, Held At The Fort
19192 Hwy 8, Morrison, Colorado (SW Denver in Red Rocks Territory)
Adults \$10, Children 12 & under FREE. Parking is FREE.
For more information and a complete list of attending artists, call 303.839.1671 or visit www.TesoroCulturalCenter.org

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Bill Kopper and Gui Carmago

• EVERY FRIDAY - 6:00 - 9:00 pm
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Hyland Hills Wonderful Wednesdays

Clear Creek Valley Park / Amphitheater:
3700 W 58th Place, Arvada

• June 8, 2022 Featuring: Taiko by Toni

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Cadence Living Grand Opening

1860 South Potomac, Aurora

• June 9, 2022 | 4:45 - 6:45 pm
Featuring: Danny Showers and Biff Gore

FLATIRON

Flatiron Crossing Summer of Fun Concert Series

One West Flatiron Crossing Dr.

THURSDAYS | June 9 - July 28 | 6:30 - 8:30 pm

• June 9, 2022 Featuring: That Eighties Band

• June 16, 2022 Featuring: The Radio Band

• June 23, 2022 Featuring: Soul X

PLUS! Katharyn Grant Face Painter

Twist & Shout

City of Thornton Twist & Shout Concert Series

THURSDAYS | June 2 - July 28 | 7:00 pm

• June 9, 2022 Featuring: Tunisia 3498 E. 112th Ave.

• June 16, 2022 Featuring: Groove 'N Motion 1598 W. 96th Ave.

• June 23, 2022 Featuring: Ninety Percent 3498 E. 112th Ave.

• June 30, 2022 Featuring: Quemando Salsa Orquesta 3498 E. 112th Ave.

Mannny Manolis Salsa Dancers - 5:30 - Dance Lesson!

CHERRY CREEK SHOPPING CENTER

Cherry Creek Shopping Center Kids Club

3000 E 1st Ave., Denver

• June 15, 2022 | 10:00 - 11:15 am Featuring: Cowboy Steve

BREWHAHA

City of Broomfield BrewHaHa

Arista Park on Arista Place

• June 18, 2022 | 12:00 - 2:00 pm Featuring: Wrenn & Ian

2:30 - 5:00 pm Featuring: Groove 'N Motion

BELLY FLOP SPLASHDOWN

Water World Annual Belly Flop Contest

• June 19, 2022 | 10:00 - Noon

Featuring: Katharyn Grant and Ann Lykins Body Painters

Frederick In Flight

Frederick In Flight Hot Air Balloon Festival

Centennial Park, 630 8th St.

• June 25, 2022 | 5:00 - 9:00 pm Featuring: Hot Lunch

SAVE THE DATE!

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Twenty Ninth Street

FRIDAY, JULY 8, 2022 - Twenty Ninth Street Music Series

Featuring: 6:00 - 8:00 pm SweetSummer

CHERRY CREEK ARTS FESTIVAL

JULY 1 - 3, 2022 - Cherry Creek Arts Festival

Main Stage: Milwaukee near 2nd Ave., Denver

ROCKY MOUNTAIN MS CENTER

SAT., SEPT. 17, 2022 44th Rocky Mountain MS Gala 2022

Downtown Denver Sheraton Hotel | Find out more at: www.mscenter.org

Featuring: The Nacho Men and David Gaston Photographer

Stay tuned for more fun summer events including:

• Arista Park Concert Series

• City of Broomfield July 4th

• City of Aurora July 4 Spectacular

• Twenty Ninth Street Music Series

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