



TrueNorth Health Newsletter

Volume 4 Issue 2

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TrueNorth Health Center Adds HI-SPEED INTERNET



Patients participating in our residential health education program will now benefit from our recent addition of a satellite antenna that brings **HI SPEED INTERNET** to the Center. Patients with lap-top computers can log-on without cost to our WI-FI connection.

We have also dramatically upgraded our audio and video educational program with new high quality DVD lectures that are displayed on our new **56 inch DLP Video Screen** in our reconfigured lounge. Our live lecture health education program has also been enhanced with the addition of outstanding **lectures** and **cooking demonstrations** by nutrition educator Laurie Carvahlo.



Founders Club: Stay at the Center for Free

Your invitation to Join the TrueNorth Health Founders Club and obtain priority booking privileges and FREE STAYS at the Center can be found at the [Founders Club link](#).



Schedule

The Center will operate until December 22nd 2006. We will re-open on January 8th 2007. If you would like to complete a fast this year, give us a call now so we can secure you the space you need.



Give the Gift of Health

We have a few remaining cases of HARD-COVER editions of THE PLEASURE TRAP. We are selling these final books for the soft-cover price of 12.95. These make great gifts so take advantage of this final opportunity. Once these sell out, The Pleasure Trap will be available only in soft-cover. Order 5 or more and save even more. [Book and](#)

[Tape Store](#)



Final Public Hearing Scheduled

FINALLY!!!! TrueNorth Health Center has been informed that our long delayed final public hearing with the zoning board will occur on Thursday, November 9th at 1 p.m. at the county offices located at 2550 Ventura Ave., Santa Rosa, California. If you live locally and can join us at this meeting, we are told a strong public showing of support may encourage the zoning board to approve our project without further delay. [More](#)

Fasting

Fasting has been used since the beginning of recorded history. Moses, David, Elijah and Jesus were said to have fasted for as long as 40 days.

Today, fasting can be used to help compensate for the consequences of dietary excess and the resulting “diseases of Kings”. <http://www.healthpromoting.com/Articles/articles/Fastingbtf/fasting.doc>