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# Skin Health and Healthy Aging

with Sarah Outlaw, CN, NRTP, MH

This engaging and informative 3-hour seminar by Sarah Outlaw focuses on supporting patients to and through the challenges presented with skin issues and aging. This seminar will also include a brief overview of skin anatomy and physiology, detoxification pathways, as well as whole food nutrition and herbal therapy recommendations.

### This 3-hr seminar will highlight:

- The nutritive roles of macro and micronutrient needed for overall skin health
- Scenarios of skin issues often seen through improper detoxification and during unhealthy aging
- Learn about the supportive roles of the nervous system, AMPK, and other additional organs
- Tips and tricks to help patients navigate through the aging process



The seminar handouts will include:



- + 3-to-a-page and full slide notes
- + Practical protocol recommendations
- + Assessment tools to use with patients
- + Reference sheet for literature review

**Skin Health and Healthy Aging will be hosted on Saturday, March 6<sup>th</sup>, 2021 – 8am-11am PST / 11am-2pm EST**

Tickets for this live, one-time seminar are available for \$69. As an attendee, you may purchase a recording of this live seminar for an additional \$10 for a limited time after the event. Past Live Virtual Seminars will be listed on our website as Archived Events for \$99.

Use your smart phone to view the QR code and go directly to our website for more details on our Virtual Seminars!





### About Sarah Outlaw:

- **How long have you been in practice?** I've been in practice for 6 years and am currently located in Des Moines, IA. I have previously had clinics in New Jersey and California as well.
- **What's unique about what you do?** My specialty is Functional Nutrition and Herbal Medicine using a combination of Muscle Testing techniques.
- **How does nutrition support you in helping people?** I practice this style of functional nutrition because it gets to the root cause of symptoms and brings about real health and healing.
- **When not in practice...** I enjoy spending life by spending time with my family on my horse farm.

## Continuing Education Credits Offered Through SOW Nutritional Systems, LLC.

It is the responsibility of the practitioner requesting continuing education for relicensure to reference their individual state's by-laws and to confirm seminar acceptance by their state examining board.

It's important and critical that you be on time and engaged throughout the virtual seminar as your attendance and participation is tracked throughout the event. Please note the time and account for your individual time zone.

### Acupuncture



This event is pending approval by the California Acupuncture Board, Provider Number 1515, for 3 hours of continuing education, category 1.



This event is pending approval for 3 PDA points through the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). All states except FL.

### Chiropractic



CEUs pending through Texas Chiropractic College (TCC) for the following states: CA, CO, CT, D.C., DE, FL, ID, IL, IN, IA, MD, MA, MI, MS, MT, NE, NH, NJ, NY, NC, ND, OH, OR, RI, SC, SD, TX, UT, VT, VA, WA, WI, WY

**NOTE: For current CE status, please visit our website or use this QR code.**



All dates and topics are subject to change. No refunds. Seminar tuition may be applied to future SOWN Virtual Seminars within 90 days.

**Society of Wellness: Nutritional Systems**  
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