



Join Us for the following ONE-TIME ONLY special engagement at Inner Fire Yoga:

Dr. Ruddy presents

**NATUROPATHIC HEALTH APPROACHES TO  
IMPROVING YOUR YOGA PRACTICE**

**Date: Sunday, November 15**

**Time: 1 pm**

**Location: Inner Fire Yoga studio**

During this complimentary 1-hour presentation, you will discover and learn all about Naturopathic Medicine and the many Naturopathic health tips to incorporate into your vital and dedicated yoga practice. *Not to be missed by any yogi worth his/her weight in sweat!*

Dr. Ruddy will help you assemble your very own **"Naturopathic Toolbox for a Yogi"**, which includes:

- 1. Clinical Nutrition:** the Top Ten list of Super Foods that every yogi can benefit from (all available at your local grocery stores), and other nutritional tips to boost your physical performance and mental acuity.
- 2. Botanical Medicine:** The yogi's guide to appropriate & SAFE use of Herbs during stressful periods in your practice (or life in general).
- 3. Homeopathy:** Key first-aid homeopathic remedies for every yogi's medicine cabinet.
- 4. Hydrotherapy:** Yogi-friendly hydrotherapy techniques to ease common winter ailments.



*Dr. Ruddy, ND is a Naturopathic Doctor who completed his 4-year medical education at Southwest College of Naturopathic Medicine in Tempe, AZ. In addition to other main therapeutic modalities, he received extensive training in Mind-Body Medicine and Homeopathy from some of the leading physicians in the field during his two-year clinical rotations at the Southwest Naturopathic Medical Center. Dr. Ruddy's areas of special interest include mental/emotional health and psychiatric conditions, cardiovascular health, rheumatologic & other autoimmune diseases, as well as various chronic health issues such as hypertension, anxiety, migraine and chronic fatigue. He previously completed his undergraduate study at the University of Wisconsin-Madison, earning his bachelor's degree in Chemical Engineering and subsequently working in the field of molecular biology. He is easygoing and light-*

*hearted when interacting with other people yet very serious and dedicated in his care and the pursuit of his patients' optimal health and well-being. Dr. Ruddy is currently accepting new patients at the Center for Natural Medicine in west Madison. For more info, visit [www.DrRuddy.com](http://www.DrRuddy.com).*