Hydrotherapy & Natural Remedies Workshop

Registration open for 6-day event

Agenda | Posted on March 17, 2015

From August 2–7, the Andrews University Seventh-day Adventist Theological Seminary will be holding its annual six-day Natural Remedies & Hydrotherapy Workshop in the seminary building (Tan Hall), room N150.

Upon completion, participants of the workshop will be prepared to use natural remedies to bring healing with the use of water and nutrition in times of sickness and health. Lecture topics include: “Importance of Water: Its Use to Treat Illness, and Dehydration Signals;” “Hydrotherapy Techniques: Bronchitis, Sinusitis, etc.;” “Diabetes: Natural Lifestyle Strategies;” “Body Mechanics, Posture, Body Alignment, Posture Correction and Exercises;” and “Low Back Pain, Neck Pain, Strain and Sprain.”

The workshop consists of 30 hours of lectures and demonstrations over five days, hands-on labs, a certificate of achievement for those who successfully finish the workshop and graduate credit (1–4 credits available) for MDiv, MAPMin and MA students.

The workshop director is Gerard Damsteegt, associate professor of church history at the Seminary who holds an MPH from Loma Linda University. Other presenters are Don Miller, a doctor of naturopathic medicine at Uchee Pines near Seale, Alabama; David DeRose, a doctor at Weimar Center of Health & Education in Weimar, California; Elvin Adams, a doctor at U.S. Health Works; Caryn Pierce, a physical therapist at Andrews University; and Norman McNulty, a doctor from Lawrenceburg, Tennessee.

The registration deadline is Friday, July 24. The registration form and payment will hold a place for the participant in the workshop. Space is limited to 60 participants, so register early to ensure your spot.

For more information about the workshop and to register, visit andrews.edu/go/nrhw.