

UNDERSTANDING DISABILITIES

“Multiple Sclerosis: Healthy Adjuncts to Traditional Treatment”

May 7, 2024

1:30-2:30 p.m. Central time

****in person or by Zoom***

No computer,
no problem!

Join us at
DCIL or through
the ZOOM Link.

Contact Kathy T.
for more info & link.
kathyt@dakotacil.org

** Transit paid both ways. Please let us know if you need reasonable accommodations.*



Amanda Allmaras, NP & Health/Wellness Coach

Amanda is a CNA turned RN turned FNP who decided to change her course of action from primary care to offering health coaching aimed at gut restoration/support and women's hormones. She has practiced integrative medicine for 10+ years. Allmaras also aids in the behind the scenes as Chief Medical Officer for Labs Your Way in Bismarck, ND.

TRADITIONAL, INTEGRATIVE, AND FUNCTIONAL MEDICINE

All three approaches to healing focus on different aspects of health & wellness. All are essential & beneficial.

- Traditional medicine: most commonly used approach to seek, diagnose, & treat illnesses.
- Integrative medicine: combines conventional & complementary approaches to treat body & mind.
- Functional medicine: a more holistic approach which focuses on understanding the root cause of illness & correcting imbalances within the body.



“Be patient
with yourself.
Your health is a
journey not a
destination”



Hosted by:



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Bismarck, ND
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Thank you to our presenter:

