

**Jim Ehmke, CN, licensed clinical nutritionist and health counselor.**

Classes offered through the Co-op, register at Co-op, all classes are \$5/class.

**Take Control of Your Heart Health with Jim Ehmke, CN**

Wednesday, Oct. 8, 6:30–8:30 pm

Certified Nutritionist Jim Ehmke provides a detailed overview of cardiovascular health. Go beyond cholesterol to understand the real causes of heart disease, of which cholesterol is only one aspect. Get useful tips on the role of exercise, diet, and stress as we discuss blood pressure, the bacterial link to plaque in arteries, antioxidants, and more.

**Take Control of Your Bone Health with Jim Ehmke, CN**

Wednesday, Oct. 22, 6:30–8:30 pm

Understand bone chemistry, bone building and bone health. Jim Ehmke will give details on a comprehensive program for increasing bone density. He'll discuss the role of calcium and other minerals and vitamins, the pros and cons of bone density testing, the effectiveness of hair tissue analysis and more.

**Take Control of Your Health: Cancer with Jim Ehmke, CN**

Wednesday, Nov. 5, 6:30–8:30 pm

Between the prevalence of environmental carcinogens, and of risky lifestyle and dietary choices, we live in a precancerous culture. Jim Ehmke will talk about a wide range of cancer prevention and therapeutic strategies including diet, herbs and nutrients, chemo, radiation, and more.

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Jim Ehmke, CN, (pronounced: Em-key) is a licensed clinical nutritionist and health counselor. Jim, along with his wife, Karen Walker Ehmke, MS, RD, founded Complete Health Services in 1976 and began the practice of clinical nutrition along with natural and alternative health modalities.

Complete Health Services was the first alternative health clinic in the Milwaukee metropolitan area and grew into a full-fledged integrated alternative medical clinic. The addition of MD's and DO's to the staff allowed Complete Health Services to expand into investigative clinical testing with the addition of chelation therapy and injectable nutrient therapy.

*“Whatever the condition, there has to be a reason why and a means of addressing it. My attitude is to leave no stone unturned and to provide clients with a total effort to help them improve their health. I encourage proactive and preventative approaches along with a team effort. We all need to open our hearts and minds and let go of a limited perspective about healing and wellness. Empowering yourself through attitude, prayer, meditation, knowledge, lifestyle and perseverance will always express itself in some positive way.”*

Throughout the 70s, 80s and 90s the Ehmke's traveled and studied extensively. This included:

- Training and certification with Dr. Wm. Donald Kelley (One Answer to Cancer), Iridology with Dr. Bernard Jensen
- Blood chemistry with Dr. Brockman / Dr. Richard Murray / Dr. Jamieson
- Hair analysis training with Dr. Eck / Dr. Watts / Bob Smith
- Amino acid therapy training with Dr. Pangborn / Dr. Erdmann
- Nutrient therapy with Dr. Jeffery Bland / Dr. Jonathan Wright / Dr. Gaby / Dr. Marx and numerous others
- Saliva pH therapy with Dr. Reams

- Bio-identical hormone therapy with Dr's Wright / Rami / Kamal / Elias
- Kinesiology (muscle testing) with Dr. Versendaal / Dr. Caputo and Dr. Ulan.

*"All in all it was a wonderful time to study with excellent teachers and apply their systems to our clinical work at Complete Health. The results were superb and the clinic was an exciting place as it rode the wave of public interest in alternative therapy."*

Karen and Jim Ehmke also taught nutrition and cooking classes for 20 years and did countless lectures and speaking tours in the US, Canada and England.

In 2000 the Ehmke's sold Complete Health Services to the outstanding clinicians working there and moved to Hawaii, where they continued to provide consultations by phone, email and fax. They continued to use the same testing services, investigative skills and therapies to help their clients.

In 2008 the Ehmke's moved to Bellingham, WA, where they are in the process of establishing a local practice – Your Golden Health – and they continue to treat clients by phone, email and fax.

### **Therapies utilized at Your Golden Health Clinic:**

- Nutritional, herbal, mixed homeopathy
- Cleansing & detoxification programs
- Customized diet and exercise
- We specialize in identifying the causes of difficult conditions and applying effective therapies

### **Treatment recommendations are based upon:**

- 20+ years of experience healing ailments
- Intuition
- A variety of investigative tests including blood, hair, urine, stool, and saliva.

### **Typical areas of treatment include:**

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| <ul style="list-style-type: none"> <li>• Immune system support</li> <li>• Cancer support</li> <li>• Parasite therapy</li> <li>• Digestive &amp; elimination disorders</li> <li>• Yeast therapy</li> <li>• Allergies</li> <li>• Getting off antibiotics</li> <li>• Female and male issues</li> <li>• Chronic fatigue, fibromyalgia</li> <li>• Cardiovascular care</li> </ul> | <ul style="list-style-type: none"> <li>• Skin problems</li> <li>• Osteoporosis</li> <li>• Arthritis</li> <li>• Autoimmune disorders</li> <li>• Macular degeneration</li> <li>• Crohn's Disease</li> <li>• Chronic infections of all kinds</li> <li>• Multiple Sclerosis (MS)</li> <li>• Diabetes</li> <li>• Hypoglycemia</li> </ul> |
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### **Contact Information:**

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