



THOMAS J. LOKENSGARD, DDS, NMD is Chief Dental Officer and Co-Founder of Your Doctors 4 Life, located in Franklin, Tennessee. He received his Doctor of Dentistry from the University of Minnesota School of Dentistry and graduated with highest honors from Clayton College of Natural Healing. Dr. Lokensgard serves as a Diplomat on the American Board of Anti-Aging Health Practitioners and as a Fellow in the American Academy of Anti-Aging Medicine. He

is also a member of the International Academy of Oral Medicine and Toxicology, the International Association of Orthodontics, the American Nutraceutical Association, and the Weston A. Price Foundation. He and his wife, Jan, are the parents of six children and eleven grandchildren (so far).

"As the mom of eight children, an avid researcher of alternative health, and a huge fan of the nutrient-dense, properly-prepared diet teachings of the Weston A. Price Foundation (see www.westonaprice.org), I am thrilled to have discovered southern Middle TN is blessed three-in-one with the practice of Dr. Tom. As a dentist, he does not push unnecessary x-rays, drill and fill cavities without giving them a chance to heal with dietary measures, or advise automatic root canals, and he follows the most secure protocol for removing mercury fillings. As an orthodontist, he treats the entire facial structure and bite (including the TMJ) and not just the teeth which show in a smile; he uses WAPF-endorsed appliances to widen palates and make room for teeth on children as young as five years old, thus preventing unnecessary and traumatic extractions and longer braces wear later. As a naturopath, he understands and recommends alternative supplements and treatments to support overall health and longevity. I look forward to learning more from him in this seminar."

--Nancy Webster, Volunteer Leader, Southern Middle TN Chapter of The Weston A. Price Foundation

To learn more about the Southern Middle TN Chapter of the Weston A. Price Foundation, join the yahoo support group at: <http://health.groups.yahoo.com/group/WAPF-NourishingSouthernMiddleTN/> and find it on Facebook at "Weston A. Price Foundation - Southern Middle TN Chapter"



OPEN YOUR MOUTH TO A WHOLE NEW VIEW OF HEALTH

How healthy are YOUR teeth and gums? They tell a world of information about how you're really doing. That's why Dr. Thomas Lokensgard, D.D.S., N.M.D. calls your mouth "the window to your body." Come to his seminar and learn the stories your mouth tells--and how to make sure they have happy endings.



REGISTER TODAY!

**DENTAL/WHOLE BODY HEALTH
SEMINAR
SATURDAY, MARCH 2, 2013
COLUMBIA, TN**

Sponsored by the Southern Middle TN Chapter of the Weston A. Price Foundation, this inspiring seminar will provide a host of new options for developing and maintaining the good health of your family and you.

UNDERSTAND YOUR HEALTH FROM TOOTH TO TOE

Some of the many topics covered in this info-packed seminar led by Dr. Thomas Lokensgard, biological dentist, functional orthodontist, and naturopath, includes:

Biological Dentistry: It's not just about "white fillings"

- Safe Mercury Removal and Chelation
- Biocompatible Fillings and Implants
- Root Canal Dangers and Options
- Natural Pain Control
- Oral Inflammation's Connection to Chronic Degenerative Disease

Functional Orthodontics: More than a "pretty smile"

- Early vs. late intervention in children
- Lightwire vs. Traditional Appliances and Headgear
- Sleep Apnea and Snoring
- TMD/TMJ and migraines

Digestive Health: "You aren't what you eat but what you absorb"

- Leaky Gut, IBS, Crohn's, Celiac Disease
- Age-related Digestive Issues
- Tooth-Healing Diet and Supplements

Anti-Aging: Your teeth and face show your real age, even if you're still young

- Clues Teeth Tell about Osteoporosis/Osteopenia
- The Fast-Track to Early Aging—Old Mercury Fillings
- Slowing and Reversing the "Other Pauses" of Face, Teeth, Ligaments, Gums

PUT YOUR MONEY WHERE YOUR MOUTH IS

Save Your Seat Today for this eye-opening, jaw-dropping exploration of your health and how to keep it in good shape.

Saturday, March 2, 2013

Check-in time: 8:30 a.m.
Conference Starts 9:00 a.m.
Ends 4:00 p.m.

Early Bird Rate (January 31st deadline): \$25
After that and at the door: \$35

TO REGISTER, send the following contact information*:
1)Name 2)Complete Mailing Address 3)Phone Number(s)
4)E-mail Address

*Please send complete contact information for each individual attending.

Snail Mail with check (payable to WAPF SMT Chapter) to: Registrations, 286 Nash Rd., Summertown, TN 38483

Or E-mail: wapfsouthernmiddletn@yahoo.com.
Write "March Registration" in the subject line.

Paypal* accepted at wapfsouthernmiddletn@yahoo.com.

*Please list name and contact info for all participants covered by your payment.

Nutrient-dense lunch and snack foods (including gluten-free options) will be available for purchase, or bring your own. During breaks there will be time to visit the vendor and book tables.

A few vendor tables are still open! Contact e-mail address above about reserving one for your business.

LOCATION & DIRECTIONS

**Central Christian Church
701 Bear Creek Pike
Columbia, TN**

Traveling south on 1-65:
- Take Columbia/Chapel Hill exit (#46) for US-412/TN 99
- Turn right onto TN-99/412/Bear Creek Pike.
- Location is 4.3 miles on right.