

# Want Vibrant Wellness? Free talk by Encinitas physician December 4th

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## Is Vibrant Wellness on Your To-do List?

### Encinitas Physician Offering a Free Talk About Wellness

November 29, 2013, 8:55 am -- [/EPR\\_NETWORK/](#) -- Dr. Diana Hoppe, Encinitas Ob/Gyn physician, is giving a free talk at the Kaila Beauty Bar and Med Spa in Encinitas on Wednesday, December 4, 2013 from 5:30pm-7:30pm.

If living a vibrant life is on your to-do list, you'll want to learn what this well-known physician has to say about your taking charge of maintaining good health. While we are living in a "toxic soup," Dr. Hoppe, who is an integrative physician, believes that healthy aging is attainable.

Dr. Hoppe will talk about how to support the body's ability to cleans toxins so cells can be nourished using positive thinking, exercise, healthy foods, and valuable supplements. Dr. Hoppe says, "It is my sincere desire to help individuals feel, live and perform their very best."

A highly respected clinical researcher and popular public speaker, Dr. Hoppe earned her medical degree at the University of California, San Diego, where she also completed her internship and residency in Obstetrics/Gynecology.

Dr. Hoppe is a distinguished physician who has practiced integrative medicine in Encinitas since 1989. Among her many accomplishments, she wrote a book called "Healthy Sex Drive, Healthy You," writes a weekly newsletter and blog, spoke on the Dr. Oz Show, and San Diego Living Show ([www.youtube.com/watch?v=R1NCazPmriI](http://www.youtube.com/watch?v=R1NCazPmriI) (Preview)). She is hosting a seminar with four other doctors called "Vibrantly You"

on Jan. 18, 2014. Her website is [www.DrDianaHoppe.com](http://www.DrDianaHoppe.com)

Dr. Hoppe will discuss the hormonal aspects of stress and toxins, and why they make us sick, tired and fat. Focusing on how to de-toxify and help the body to reach optimal health and weight, she will suggest the use of simple core supplementation to support and nourish our inner environment so the body can start to heal itself.

As a physician who is known for wanting to empower her clients to take responsibility for their wellness, after a great deal of investigation, Dr. Hoppe decided to work with the company called Orenda International. Dr. Hoppe found that Orenda is a highly ethical company, endorsed by other reputable doctors. In her research, Dr. Hoppe found that Orenda International uses a paradigm shift called "Awaken, Cleanse and Feed" that supports healthful aging.

Having offered herself as a "guinea pig" to try the new Orenda "Clean Burn Shape" program for effective weight loss, Dr. Hoppe found she could actually shed—without difficulty--17 pounds that she previously failed to get rid of no matter how many different programs she tried to adhere to and found to be unsuccessful. "It is so rewarding to be able to slender down and wear clothes that have been too small for a number of years—especially with the added benefit of having more energy!"

Dr. Hoppe says, "We have the honor of having George Hall, one of the co-founding brothers of Orenda International, join us for the evening." Hall will share his insights about how to maintain optimal health and will be available to answer questions about the products and the company. Dr. Hoppe adds, "George is not only full of information and positivity—but he makes difficult information easy to understand using his keen sense of humor to keep us entertained while learning."

The public is cordially invited to attend this 90 minute talk to learn how stress and toxins can impact health and the aging process. Question and answers will follow. Learn how Dr. Hoppe addresses the toxic overload we are all being subjected to, no matter how pure we try to be.

The Orenda website is available for perusal. For those interested in learning about the products or the "People Lifting People" philosophy of the Orenda International company, see "Addressing the Host" and other videos at [www.ThisIsOrenda.com/DrDianaHoppe](http://www.ThisIsOrenda.com/DrDianaHoppe)

This talk is free and the general public is welcome. Doctors, acupuncturists, massage therapists and other health professionals who are interested in helping their clients improve their health, cleans their bodies and/or lose weight are specifically invited to attend. To inquire about Dr. Hoppe's "Vibrantly You" January seminar or RSVP for this free talk call Dr. Hoppe's office: (760) 635-5600. The location of the Dec. 4 event, the Kaila Beauty Bar and Med Spa, is 282 N El Camino Real Suite D, Encinitas CA 92024. The phone number is (760) 944-4206.

Orenda healthy chocolate, tasty shake, and high anti-oxidant aronia berry juice will be offered to sample at the Wednesday night talk.

Contact Details: Dr. Diana Hoppe  
Kaila Beauty Bar and Med Spa, is  
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