



Trillium Natural Medicine

naturopathic medicine & acupuncture

## News Release

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**CONTACT:**

Maureen Tighe, ND, LAc, MSOM  
Trillium Natural Medicine, LLC  
(412) 571-9355  
maurentighe\_ndlac@yahoo.com  
www.trilliumnatural.com

**“The Run: Moving Natural Medicine Forward” arrives in Pittsburgh on October 22<sup>nd</sup>, with four athletes running across the country to raise awareness about natural medicine.**

*Public invited to Natural Medicine Awareness Day to meet athletes and learn about options for health care. Hosted by Trillium Natural Medicine and South Hills Power Yoga.*

DATE: Saturday, October 22, 2011

TIME: 1 - 5 p.m.

LOCATION: South Hills Power Yoga, 3045 West Liberty Avenue, Pittsburgh, PA (Dormont) 15216

PITTSBURGH, PA, September 23, 2011—Trillium Natural Medicine and South Hills Power Yoga, both located in the South Hills community of Dormont, are teaming up to host **Natural Medicine Awareness Day** on Saturday, October 22, from 1 to 5 p.m. Free and open to the public, the educational event will spotlight *The Run: Moving Natural Medicine Forward*. The participatory event was founded in Sacramento, California, by Dennis Godby, ND and his two sons and nephew as a way to dramatize and publicize the urgent need for all Americans to take collective action by transforming our nation's health and sparking a movement across Main Street America.

These brave men are taking drastic steps and direct action themselves, by each running an average of 33 miles per day to raise awareness about how lifestyle choices and natural medicine are the optimal solutions for lifelong wellness. This event invites the public to join in and cheer on the runners as they pass through Pittsburgh!

For images of The Run, go here: <http://www.facebook.com/TheRUN.org>

"So many Americans live with chronic health issues that deplete their vitality. Naturopathic therapies can dramatically improve health and well-being. People simply don't know that NDs (Naturopathic doctors) exist. Natural Medicine Awareness Day and The Run are opportunities to learn about many of these natural therapies from local NDs and other practitioners," says Maureen Tighe, ND, LAc, MSOM, founder of Trillium Natural Medicine, LLC.

The free fun-filled event will feature a Meet & Greet with participating runners, as well as many local natural health practitioners, including naturopathic doctors, acupuncturists, yoga instructors, health coaches and massage therapists.

The engaging and informative day will also include demonstrations, free mini consults, Chinese medicine tongue and pulse diagnosis, herb tastings, chair massages, healthy food samples, and more. Natural Medicine Awareness Day is a fantastic opportunity to learn about ways to include natural medicine in your approach to well-being.

#### **ABOUT TRILLIUM NATURAL MEDICINE**

Trillium Natural Medicine, LLC is a family medical practice that integrates ancient and modern modalities and applies them according to the wisdom and spirit of Classical Chinese and Naturopathic Medicine. Because every patient is unique and health exists on many levels, our approach is individualized for each patient and addresses physical, mental and emotional balance. We believe in the importance of guiding and supporting each patient to develop a lifestyle that deeply nourishes his or her whole being. We integrate medicinal foods, nutritional support, homeopathic remedies, acupuncture, herbal medicine, and mind-body approaches in the treatment of patients of all ages.

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