

SATURDAY, APRIL 16, 2016

1pm

Dr. Joe Esposito DC, BS, DABCO, DCBCN

"The 7 Deadly Sins Lecture"

One of Dr. Joe's most thought provoking seminars which has demonstrated time and again that anyone can positively change the future of their health. This life-changing lecture is successful because of the knowledge and riveting sense of humor demonstrated by the living encyclopedia referred to as "Dr. Joe." Learn more about the 120,000 foods that are good for you and only the 7 that are bad. Note: you might have to pull him off the stage the audience does not want this one to end!

2pm

Brandon Addison, CEO of Low T Nation

"Low T: 1 in 3 men over 40 are affected"

Low Testosterone is a very dangerous condition affecting one in 3 men over 40. This seminar will cover what you as a man need to know in order to manage your own health. Topics include real risk factors, myths and misconceptions and what your doctor needs to know.

3pm

Darryl Bosshardt, Spokesperson for Redmond

"Natural Salts and the mistake of the "Low Salt Diet"

Salt is one of the most misunderstood minerals on Earth. For thousands of years salt sustained life, provided a source of trade, and was even used as currency. Yet over the last century it has become known to many as a dangerous chemical that should be avoided at all costs. Current (and age old) research is once again returning salt to its place of necessity for human health. Without salt, everything dies. Our bodies are literally oceans of salt and natural trace minerals. One Medical Doctor's new book is actually entitled, "Salt Your Way to Health" and another calls it the "Sodium Lie". In attending this workshop/seminar you'll learn about salts from around the World, discover the misconceptions around "sea salt", and see how "a low salt diet" could be one of the biggest mistakes of your life. Not all salts are created equal, and your health depends on which one you choose for you and your family.

Specific Learning Objectives:

1. Natural Salt is Necessary for Life -- A low salt diet results in multiple problems and imbalances in the body.
2. All salt/sodium is not the same. Most "sea salts" are just as bad (or worse) than "table salt". Learn how different salts are produced.
3. Natural salt balances the body is a critical element to numerous body functions. This is why you get an IV of salt (saline) in the hospital.
4. How to find a natural salt that is right for you. What questions to ask. What to watch out for when purchasing salt

4pm

Connie Jeon, DPT, MPH, RD/LD, CPI, RYT-200hr, HIFS

“Demystifying Detox”

There are many types of detox that is being promoted today. What does it mean to detoxify and why is it beneficial?

SUNDAY, APRIL 17, 2016

12 NOON

Rachael Kane, Community Outreach Coordinator, Wholesome Wave Georgia

Hilary King, Director of Special Projects, Community Farmers Markets

Sagdrina Jalal, Executive Director, Project Generation Gap

Michael Schenck, Founder and Chief Operating Officer of The Turnip Truck of Georgia, LLC.

Tenisio Seanima, *Farmer Services Coordinator Georgia Organics*

“Atlanta: Leading The Way In Local Food Systems.”

1pm

Janelle Cherry

“Detox Your Life”

In today’s society, we have so much to be cautious about. Little do we know that, our bodies are contaminated by toxin agents everywhere we go. The foods we eat, the air we breathe, our household cleaners, etc. all have toxins in them. Toxins in the body can have many negative effects such as, chronic fatigue, immune disorders, skin conditions, and worse of all, digestive issues. Detoxification is important because it can reverse symptoms and change your life.

2pm

Leah Guy, Owner of Modern Sage; Spiritual Teacher

“Chakra Speak: The Energy of Your Emotions, Mind and Body”

Intuitive healer Leah Guy will show live demonstrations on participants of how chakras move, what they mean and how to balance your energy system. Chakras are vortexes of invisible energy that are located throughout the body, 7 major and hundreds of minor chakras. This energy (prana) is the lifeforce that keeps us alive. They are connected to massive nerve centers, organs and emotional/spiritual experiences in our bodies. Blockages can wreak havoc on your health. Understand the impact your mind, relationships, history and motions have on your energy matrix and the correlating story it tells about your peace, health and happiness in the present moment.

3pm

Brenda Cobb, Founder of The Living Foods Institute

“Creating and Keeping Good Health in Today’s Toxic World”

Diseases are on the rise even though modern medicine has more drugs and surgeries available than ever before. People have become disillusioned and are searching for true ways to heal, not just treat symptoms. Brenda Cobb, Founder of The Living Foods Institute and author of The Living Foods Lifestyle® healed herself of breast and cervical cancer in 1999 without surgery or

drugs. She did it with an all-natural program supporting her body to heal itself. Learn how she used raw and living foods and the five key components she believes are necessary to heal and stay well for a lifetime.

4pm

Jane Holmes, Director of Living Foods Institute

“Emotions - Your Friend or Your Enemy?”

Emotions can affect your physical health and even hold you back from creating the life you truly desire. There is an emotional reason for the creation of every illness and when the emotional self heals the physical body instantly heals. Learn how emotional "stuff" can actually create diseases and how you can free yourself from emotional bondage and become empowered to be a better YOU! You can embrace your life with optimum health, prosperity, joy and happiness. Jane Holmes can help you see what emotions are holding you back and how to release, forgive and embrace your full potential every single day.

5pm

Dr. Perlman, Owner DC Owner of JAS Medical & Wellness Center & The Pulse Center in

Marietta Ga

Pulse Power, dealing with pain, also The Pulse and Nutrition

How Chiropractic, Nutrition and the Pulse Power can improve your life and get you out of Pain!

Briefly Talking about Nutrition and Cancer with the Pulse Power!