

MAIN LECTURE STAGE:

SATURDAY – MAY 14, 2022

12noon – Chef Beee

The Power Of Elevated Foods

What are elevated foods and are taking full advantage of its power in order to support you on your wellness journey? In this presentation, Chef Beee will define the meaning of elevated foods from a mind, body and spirit perspective and how you can begin bringing them into your lifestyle in order to boost your wellness.

1pm - Dr. Robert E. Heron, DC, Chiropractic Kinesiologist

Inflammation: Silent but Deadly

Inflammation is a leading factor in chronic and deadly illnesses. Many of us have inflammation and don't know it. More often than not, we won't know we have inflammation until it presents itself in dysfunction or disease. By then it's often chronic or systemic. How can we discover inflammation before symptoms appear? How can we treat inflammation naturally? Most importantly, how can we prevent inflammation?

2pm – Dr. Joe Esposito

Secrets to natural stress management and optimum nutrition

3pm – Dr. Ellis, D.C., DACNB

Post-Covid Syndrome the frustration of being a Long-Hauler.

Do you or a loved one still have symptoms after getting COVID. Did you know that COVID also affects your nervous system? Many people are getting minor acute symptoms when they get COVID but afterward they are ending up with long term neurological problems. They are calling themselves Long-Haulers. Dr. Marc Ellis is the Clinic director of the Georgia Chiropractic Neurology Center. During this talk he will explain what is happening to patients and will explain what can be done recover after end the frustration of being a “Long-Hauler”

4pm – Adele Wang, CEO, Safehavenhealing

Get the "It" factor so you can create more of the kind of life energy you want

Come hear how your life force sensuality can be increased in a way that feels expansive, joyful and intriguing. Sometimes called the "it" factor, this is key to your body's ability to heal, especially from challenging conditions. Don't miss demos of this energy that will have everyone noticing something magnetic in you! It's powerful, enjoyable and will instantly help you attract the kind of attention you want and increase your body's ability to heal itself without having to try so hard. This is often the missing piece people are looking for.

5pm – Tammy Billups, Certified Interface Therapist (Bioenergetics), Author, Global Educator

The Emotional Well-Being of Your Animal Companions

There is so much more to what you see on the surface with your animals. They are connected energetically to universal truths and are highly empathic, intuitive beings. These beautiful beings are in your lives not only to be your companion, but also the mirror of truth for your evolutionary journey. We let them into our hearts and in turn, they become our greatest teachers and healers. Tammy shares discoveries from thousands of healing sessions and case studies with people and their animals that will help your animals feel better, faster.

SUNDAY - MAY 15, 2022

12noon – Dr. Ellis, D.C., DACNB

Vertigo/POTS (Postural Orthostatic Tachycardic Syndrome). What is it?

Women are more likely to get POTS or Vertigo and as many as 40% of all adults will get vertigo at least once in their lives. There is a direct relationship between POTS/vertigo, anxiety, and digestive problems. Dr. Marc Ellis is the Clinic director of the Georgia Chiropractic Neurology Center. He will discuss the different types of vertigo and help attendees understand why it is frequently misdiagnosed or under treated. He will share insights into what effective care should look like.

1pm – Oren Bar, PT

ABBRA - Decreasing pain and increasing function using autonomic nerves

For over 20 years, I have seen people in pain. As a paramedic, massage therapist, and Physical Therapist, I have treated people with various degrees of injury and pain. Later in my practice, I began to focus on those with chronic pain problems. However, I realized that the techniques I was taught to use were not genuinely helping my patients. I knew there had to be a better way. After years of study, I developed ABBRA. It's an innovative way of treating pain. I am excited to share how this approach has helped many people with their pain.

2pm – Mari Geier, CEO and co-owner of Nuts 'n Berries Healthy Market and Luna CBD

Which Hemp derived CBD product is right for you?

Navigating the world of legal hemp can be daunting. CBD products have popped up in stores from Walmart to the local gas station and not every product is created equal. Join national educator and CBD expert, Mari Geier, as she leads you through understanding how CBD works in your body so that you can find the right product to help you live your best life.

3pm – Jake Karls, Co-Founder and Chief Rainmaker at Mid-Day Squares

Mid-Day Squares: An Unapologetically Real Chocolate Company

We bear it all- from counseling sessions, getting cease and desist letters from Hershey's, to our crazy daily shenanigans. Co-founder Jake Karls talks about authentic storytelling, why Mid-Day Squares is becoming a beloved household name across North America, and the power of harnessing your own vulnerability.

4pm - Jocelyn L. Steward, PhD - Owner 619 Insurance Agency

9 Ways You Can Save on Your Over-The-Counter Medications Today

Most Americans use at least one over-the-counter (OTC) medications and products daily. In fact, the use of OTCs is more prevalent than the use of prescription drugs. We spend on average \$442 each on OTCs. We make 26 trips to the store to purchase OTC but only make 3 trips to the doctor each year. Unfortunately, we are not aware of the ways in which we can save on our OTC. The presentation provides 9 ways to save on OTCs. The presentation will include discussions about price comparison, how to obtain discounts, and results from a study conducted by the FDA.

Q&A AND DEMO AREA

NATURAL AWAKENINGS PAVILION

SATURDAY – MAY 14, 2022

11am – Mila Burgess, founder of Metta Yoga in Atlanta and Yoga Editor for Natural Awakenings Magazine

The Healing Benefits of Gratitude

Gratitude doesn't just warm your heart; it leads to a healthier one! Learn about the health benefits associated with the practice of gratitude and how to cultivate a personal gratitude practice through meditation, movement, and journaling.

12noon – Shanon Gowland, CEO, Herbalist, QiGong Instructor, Food Therapy Chef, Reiki Master, Holistic Wellness & Nutrition Coach

Delicate Balance of the Thyroid; Holistic Hormone Management

Join me to explore holistic options to restore balance to the Thyroid Gland.

Our environment, internal and external, can have a significant impact on the function of the thyroid. Imbalances may be accelerated by stress, diet, EMF, controlled and uncontrolled toxins, viruses, and many other conditions. We will discuss the elemental imbalance of the thyroid and how this can impact all other body systems. Not every thyroid issue is the same; we will dive deep into root causes and options from a dietary and supplemental perspective while discussing the differences in Constitutional and Conditional Energetics.

1pm - Kathryn Rigsby, Allied A.S.I.D & I.F.S.G.

Celestine Living Design Biophilic Design Presentation

- What is Biophilic Design?
- The Science Behind Biophilic Design
- Health Benefits of Biophilic Design
- The Principles of Biophilic Design
- How Biophilic Design relates to Eco Living
- How to Apply Basic Biophilic Design Principles in Your Space
- Questions

2pm - Tammy Billups, Certified Interface Therapist (Bioenergetics), Author, Global Educator

The Sacred Transition of the Animal Soul

For most animal guardians, their loving companion's final days and moments are some of the most difficult and painful experiences of their lives. Speaking from her heart, Tammy Billups shares what she has learned to help you create, when possible, a sacred final chapter for *your* animals. Or at the minimum, an easier transition back to spirit process for you both, so there will be less fear, and you can honor your animal's life with love and gratitude.

3pm – Chef Bees

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4pm - Diane Martinez, Creator and owner of Conscious Creating Life Coaching, LLC
Self-Sabotage; Why We Do It & How To Stop

Often it's not other people that get in the way of our success, it's us! But it does not have to be this way. It is possible to bring awareness to the unconscious habits and patterns that sabotage our success, and in doing so, we can shift from that dynamic and get out of our own way. Empowered with this understanding, there's no limit to what can be achieved!

5pm - Adele Wang, CEO, Safehavenhealing

The #1 thing that people often miss in health and wellness

The ultimate wellness goal is to be able to create a life that really works. Energy, purpose and connection are your birthright. Although meditation, yoga, healthy eating are important practices, they are usually not enough to help people break out of the chronic stuckness that is hurting their health and their spirit. Our hyper-individualized culture has created a self-help expectation that often leaves many people feeling isolated, disconnected and misunderstood. Insight and understanding alone does not bring relief. Come hear what works from a specialist in this arena.

SUNDAY – MAY 15, 2022

12noon - Diane Martinez, Creator and owner of Conscious Creating Life Coaching, LLC

How to Manifest the Life you Desire

As human beings we possess tremendous creative power, but nowhere in society are we taught how to use that power in a conscious, purposeful way. Yet it is absolutely possible to learn how to use our innate ability to manifest the circumstances and experiences we desire in this life. Each of us is capable of consciously creating the life we desire, and it's honestly not that complicated but there are several key points to understand. If you would like to learn how to tap into your creative power, don't miss this presentation.

1pm – Adele Wang, CEO, Safehavenhealing

Get the "It" factor so you can create more of the kind of life energy you want

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3pm – Shanon Gowland, CEO, Herbalist, QiGong Instructor, Food Therapy Chef, Reiki Master, Holistic Wellness & Nutrition Coach

Entanglement of Energetics and Spirit in Traditional Medicine.

What most refer to as Traditional Medicine is diluted and simplified into online searches of symptoms and herbs. The true living art of traditional medicine is slipping away with each generation. So much of traditional therapies revolves around Spirit. There are similarities in the indigenous healing philosophies that have been forgotten in modern day. Join me as we explore why the acceptance of a more Western approach to traditional medicine has taken root. Answering the questions: (1) How do we integrate Spirit and Ceremony back into wellness protocols? (2) Why protocols differ based on Constitutional Energetics?