

SATURDAY, MAY 6

12pm – 1pm -- Marc Ellis MS, DC, DACNB

Dysautonomia and POTS, beyond dizziness when changing positions

Have you or a loved one ever experienced vertigo, dizziness, rapid heartbeat, brain fog, fatigue, digestive issues, cold hands or feet, especially with changing positions? These symptoms have been on the rise since the beginning of the pandemic. Many people with symptoms like these spend years trying to get properly diagnosed. Unfortunately treatment options are very limited through traditional means. Dr Ellis will discuss how to get to the root of dysautonomia and POTS through the function of your brain. Ask questions and get personalized answers.

2pm – 3pm -- Aditi with ISHA Foundation

Stress Free Living with Yoga and Meditation"

Learn about Inner Engineering, a powerful tool to:

- Eliminate stress, fear and anxiety
- Enhance mental clarity, emotional balance & productivity
- Achieve joy, tranquility and fulfillment in life

3pm – 4pm -- Sue Whittaker

How Does a Body Detox Itself?

This is an overview of the risks in the food we eat, the water we drink, the air we breathe and what we absorb. It covers the biological processes that keep our bodies safe. The audience will learn about the 12 primary types of neurotoxins and their pathways to serious harm. You will learn to sense and understand cumulative effects and how to minimize risks by making good choices. Anyone with an interest in the various approaches to detoxing or wants to regain and preserve wellness for a long vibrant life for themselves and loved ones should attend.

4pm – 5pm -- Frank Patterson DC, DACNB

Are sensory and movement challenges behind your child's struggles?

Is your child struggling to focus, learn, and socialize? Are they constantly bumping into things or falling? Their brain may have issues processing sensations, leading to sensory cravings or aversions, and bigger problems. Inaccurate taste, touch, smell, hearing, vision and two lesser known sensations, vestibular and proprioception, can be linked to your child's difficulty learning, socializing, or moving. Learn how and why sensations are linked to attention, learning, socialization, and movement, how to recognize sensory processing challenges, and how to get to the root of the problem.

SUNDAY, MAY 7

1pm – 2pm -- Gaurav Amarpuri with ISHA Foundation

Stress Free Living with Yoga and Meditation"

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2pm – 3pm -- Marc Ellis MS, DC, DACNB

Concussion and your autonomic nervous system

Since the movie "Concussion", starring Will Smith, the world has just started to appreciate how serious concussions can be. Part of the challenge is that no two concussions are alike. Different parts of the brain can be affected, leading to different symptoms for different people. Dr. Ellis will discuss the functions of different parts of the brain and how concussions cause different symptoms. You will be able to ask questions and get personalized answers.