

## Presentations on the Main Lecture Stage

**Saturday, September 18<sup>th</sup>**

### **11am – Fred Swann, Political Candidate Agriculture**

#### **Building Healthy Communities Through Agriculture Policy**

The Department of Agriculture is vital to the health and nutrition of all Georgians. Agriculture is our #1 industry, and yet many people in Georgia are not seeing the benefit of it. Many communities throughout the state lack access to healthy, affordable, local foods, and factory farming practices continue to harm our environment. Industrial hemp and medical cannabis are also being held back, when we should be leading the way. Come hear from 2022 candidate for Agriculture Commissioner, Fred Swann, about his vision for how the Department of Agriculture can create a healthier, more prosperous, and more sustainable Georgia.

### **12pm – Ashland Swann, Lobbyist, Media Spokesperson**

#### **Healing with Hemp - A Consumer's Guide**

CBD and other forms of cannabis medicine have the potential to revolutionize how we treat a myriad of ailments. But in today's market, you often can't be sure that what you're getting is safe or effective. With shady brands on the market, and bad laws on the books, it's hard to know who you can trust. Come learn more about the benefits of CBD, what to look for in a good brand, and how you can empower yourself to take your health into your own hands.

### **1pm – Dr. Joe Esposito, American Board of Chiropractic Orthopedics, Nationally syndicated radio show host, TV host, Author and lecturer**

#### **"Learn the 7 Deadly Sins of Nutrition"**

"Doctors and health experts have known many years the foods that heal, and the foods that can adversely effect your health. In a rare live event, Dr Joe will teach you his secrets to obtaining and maintaining extreme health."

### **2pm – Marc 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"

### 3pm – Dr Frank Rasler MD

#### **Motivation to a Healthy Post-COVID Lifestyle: Inspiring Rapid Behavior Change**

Inspiring a healthy lifestyle can be difficult, but maintaining the change is where the real challenge comes. In an energetic and entertaining discussion, we can set goals and incorporate health and fitness in our lives. We need to maximize both positive and negative motivations - use the “carrot and the stick”. Negative visualization of a critical near-death experience is an intense behavior modification tool to help focus your behavior, emphasize the reality and inspire action. Don't wait until you end up in the emergency room to change unhealthy behavior.

### 4pm - Marc 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.

## **Sunday, September 19<sup>th</sup>**

### 12pm noon – Marchia Carnicelli Minor

#### **"Can the Greatest Love of All Help Heal Anorexia?"**

*And the Part that Mindful Nourishment Plays in that Healing! We are what we eat and how the body uses what we eat which in turn gives our bodies/minds and spirits the tools to live a magnificent life!*  
Learning who we are is one of the most precious Gifts we can give ourselves! A Gift that only we can open! In a world that has so many mixed messages to BE, to THINK, to LOOK like someone else there is no doubt as to why so many children, women and men can think so lowly of self that they find themselves trapped in a vicious cycle of ups and downs where the downs outnumber the ups! Then add on top of that, the myriad of things such as poor nutrition, poor relationships experiences, family issues, certain types of unhealthy religious beliefs, competition of many sorts we can see how low self-esteem may find its way into our lives in the form of eating disorders. How do I know this to be so? Because I myself walked thru the opportunity of making a decision to BE Me; to LOVE Me; to take Really good care of Me! It was a time that became very clear I was being given an opportunity to make a choice! A choice to care enough for myself! To reach down deep inside and reconnect spiritually! A time when my inner voice said, "Stop! Stop comparing yourself to others and falling short! Start recognizing and expressing your Own gift/talents! There is only one of you Unique as each & every other person on the planet! I began getting healthier & falling in love with myself...The Greatest Love of All... the Reservoir from which to draw!

### **1pm – Brandon Addison, CEO of Low T Nation**

#### **Fundamentals of Metabolism**

We will be discussing how metabolism functions from a scientific standpoint and explain the different effects on resting energy expenditure and the influence of hormonal imbalances on weight loss and weight gain. We will be debunking some myths surrounding diet culture and overall health as well as providing some do's and don'ts that anyone can apply in their daily lives for overall improved quality of health.

### **2pm – Dr. Leslie Ray Matthews, MD, FACS, Clinician, Surgeon, Scientist, Researcher, Educator, Vitamin D Expert**

#### **Vitamin D, deficiency, surgical intensive care and more!**

Chronic inflammation is known to play a role in the lead-up to heart attacks, inflammation and vitamin D deficiency, which sometimes go hand in hand, suggesting that the vitamin acts as an anti-inflammatory hormone.

### **3pm – Dr. Angelina Postoev, MD FACS, Triple Board Certified Surgeon, Surgical and Non-Surgical weight loss**

#### **Liposuction is not a Weight-loss Procedure**

Eating a lot of low-calorie, high-volume fruits and vegetables prevents cholesterol and caloric intake meals out of the diet. Place the meat on top of the greens, out from the middle on your platter. Managing your environment, from stocking your kitchen with enough healthy options to selecting the ideal eateries, is yet another easy way to help with weight loss. That means staying away from all-you-can-eat restaurants should escape enticement. Liposuction is considered more of an anesthetic procedure. It suits those who wish to change and enhance the contour of their body. Liposuction permanently removes fat cells, altering the shape of the body. This procedure does not remove dimples or stretch marks. However, if the patient does not lead a healthy lifestyle after the operation, there is a risk that the remaining fat cells will grow bigger.

### **4pm – Marc Ellis, D.C., DACNB**

#### **Post-Concussion Syndrome. Symptoms and Treatments Explained!!**

Concussions can cause permanent symptoms that many people have difficulty explaining or understanding. It is common to go to a physician and to be told that you need to learn to live with your new norm or that you have anxiety and need to relax. Dr. Marc Ellis is the clinic director of the Georgia Chiropractic Neurology Center. He will be sharing what happens to people who get concussions, why it is frequently misdiagnosed or under treated as well as 3 proven treatments to help regain your life after a concussion.