

Wellness Expo®

PROGRAM GUIDE

Saturday & Sunday, June 25-26, 2011, 11am - 6pm

visit over 80
exhibit booths

hear 24
wellness speakers

experience
hands-on demos

shop, dine,
mingle, learn,
play

enjoy massage,
reflexology,
& energy healing

upcoming expos:

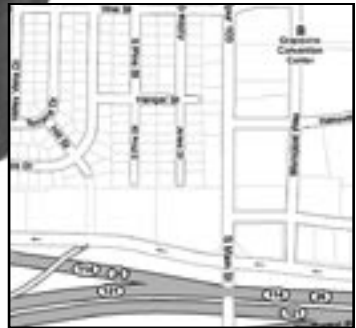
Wellness Expo®

Addison • October 15-16, 2011
Addison Conference Centre

Grapevine • June 23-24, 2012
Grapevine Convention Center

972-378-3770

WellnessExpo.net



**Grapevine Convention
Center**

1209 S Main St.
Grapevine, Texas

Produced by
Holistic Networker

Lectures

saturday

11:30 am

Healing with Sound

Nancy Byers
972-424-1217

Nancy will demonstrate the Language of Light, which is a vibrational healing technique. After experiencing the Language of Light, many report feeling more empowered, having a sense of remembering the essence of who they really are, and experiencing a sense of physical well-being. Over the last 20 years, Nancy has developed an ability to express this language. She has helped hundreds of people all over the world with her gift.

12:00 pm

Gallery Readings

Gary Champion
214-636-7546

Gary will demonstrate actual gallery style readings. He will connect with those who have passed and bring messages you will want to hear. Although not everyone will be read, all can gain from the experience. Gary has received messages since the age of 6. As a professional psychic medium, he passes along what he hears in the hopes of helping someone. He is clairvoyant, clairaudient, clairsentient, clairpathetic, as well as an animal communicator. See www.garychampion.com

12:30 pm

Healthy Living to 100: It's All about Your Nervous System

Dr. Dylan Lin, DC
682-325-4193

In this presentation, Dr. Dylan Lin will discuss what we can do to achieve optimum health and defend illnesses simply with all the tools that we already have in our body! Dr. Lin is a chiropractor and a wellness coach with Evergreen Chiropractic, who practices in the city of Colleyville. Dr. Lin's passion is to educate and support individuals and families so they can reach their optimal health potential through natural chiropractic care, proper nutrition and exercises.

1:00 pm

IPTLD the Kinder, Gentler Chemotherapy

Dr. Constantine A. Kotsanis, MD
m817-481-6342

Insulin Potentiation Therapy-Low Dose (IPTLD) for the treatment of all forms of cancer has been used for over 70 years as a gentle form of chemotherapy. It uses insulin as a way of targeting the cancer cells while leaving healthy cells alone. Then by using 10% to 25% of the conventional dose of drugs, cancer cells die with few or no significant side effects. Constantine A. Kotsanis, MD has practiced in the DFW Metroplex since 1983. Originally trained and board certified as an otolaryngologist, head and neck surgeon, he has practiced complementary and integrative medicine since the 1990's. With credentials in nutrition he has also been trained in medical acupuncture, homeopathy and botanical medicine.

1:30 pm

Taking Care of Physical Pain

Frankie L. Burget, OTR, RMT, CNDT
817-571-8135

Frankie will discuss how to handle individual health conditions, such as fibromyalgia, scoliosis, TMJ, arthritis, lower back pain and more. Frankie Burget is a licensed and National Board Certified Occupational Therapist and Mastery Level Senior Instructor and Coordinator with Myofascial Release Centers and owner of Windsong Therapy and Wellness, Inc. in Bedford, TX.

2:00 pm

What Astrology Does For You

Julie W. Reeves
512-694-7406

See the ways astrology sheds new light on your past and present, your relationships, and important events. You will see your own personal timing cycles to allow you to better manage current and future life issues. Julie has been consulting and teaching Astrology and Tarot professionally for over 25 years. Spirit and the Angels guide her in seeking the information you need to live your life in love, abundance, peace and happiness. Her goal is to help those people that God places in her path.

2:30 pm

Cracking the Addiction Code

Dr. Gary Berman, PhD, DC
972-404-8650

Ever wonder why you or someone you know can't stop smoking, drinking or engaging in a myriad of other addictive behaviors? Please join Dr. Gary Berman for this fascinating presentation on addictions and how to take the first steps to free yourself from them forever. Dr. Gary Berman, PhD, NMD, DC is the founder of the InnerRx Institute in Dallas, a chiropractic, wellness and education center dedicated to the teaching and practice of achieving wellness on all levels.

3:00 pm

The Life Saving Wisdom of Ancient Ayurveda

Elaine Dodson
1-888-362-6827

Ayurveda is the oldest health maintenance system ever documented. It encompasses the whole person and teaches us that food is sacred and that food and spices are your medicine. Elaine Dodson is an author, seminar leader and internationally acclaimed expert in natural/organic beauty, wellness and regeneration, who founded Kalachandji's Restaurant in East Dallas. She teaches Vegetarian Cooking Classes and leads Spiritual journeys for women. www.elainedodson.net or [@sacredjourneyretreats.com](mailto:elainedodson@sacredjourneyretreats.com)

3:30 pm

Crossroads: Messages from Spirit

David Scott, Intuitive Medium
817-637-4213

Join David for an open forum where he will answer questions and give a demonstration of mediumship by making connections with audience members. David's abilities continue to grow and strengthen and he has made a commitment to his work. David is also alumni of the Arthur Findlay College in the UK- the world's foremost college for Spiritualism and the Psychic Sciences. David is currently pursuing a degree at the American Institute of Holistic Theology.

4:00 pm

Your Intuition Compass

LaRue Eppler
972-733-3206

If we are each born with an internal compass directing us toward our great life, why do we often disregard it as though it's useless? Take a journey with LaRue to debunk inner guidance myths and discover one single tool for using your compass to take you in the direction of your dreams and purpose. LaRue Eppler is the developer of Evolutionary Kinesiology, an international course leader and speaker, popular radio guest, transformational facilitator and co-author of "YOUR ESSENTIAL WHISPER: Six Distinct Ways to Recognize, Trust, and Follow Inner Guidance with Absolute Certainty!"

4:30 pm

How to Tap into Your 6th Sense

AnnMarie Touchette
817-528-8841

WHO are Psychics? WHO are Mediums? Answer: YOU ARE!! Join AnnMarie as she shares with you how to tap into Your 6th sense. AnnMarie Touchette is a Psychic / Medium, member of the FW Ghost Hunters Group, owner of Change-Works Healing & Hypnosis Center and DFWPsychic.com

5:00 pm

Catch the Giggles: Laughter Yoga

Ashlie Rhey
214-277-3391

Increase your capacity for happiness and health, lower your levels of stress hormones with fun exercises, breathing techniques, lots of laughter and NO pretzel poses or special clothing required. Ashlie has followed a life-long interest in alternative health care and spiritual growth. She has studied at The School for Enlightenment and Healing. She's a Reiki Master, an L.M.T. and a certified Laughter Yoga leader. Find out more at: www.catchthegiggles.com

sunday

11:30 am

Astrology & You

Cynthia Novak
817-261-2984

Join Cynthia as she shares her insights on how planetary alignments can affect your life. Cynthia Novak combines over twenty years of astrological and spiritual study to bring you practical, heart-centered information. Visit: www.cynthianovak.com

12:00 pm

Open to Clairvoyance

Andrew M. Williams
817 925 6824

Learn how to tune into a deeper level of intuition using consciousness and your own body. Andrew will guide you to the perception of hidden aspects of your inner being. Embracing and releasing your own unhealed energies will free you to receive Divine healing light. Andrew is a Certified Advanced Energy Healer, who practices in Fort Worth, TX.

12:30 pm

How to Connect with Your Guides

Carole Layman, LMSW, CHt
817-455-6642

In this presentation, Carole will discuss how you can stop guessing and visit the Spirit World for definitive answers regarding your current life as well as your Soul Life. Carole is a Licensed Masters Level Social Worker, who is also Certified as a Hypnotherapist. She offers Past Life Regressions, Life-Between Lives Therapy and help with connecting with your guides.

1:00 pm

Improve Your Health & Eliminate Ailments

Dr. Sorai Susanne S. Stuart, PhD,
ND
719-783-3545

There are a minimum of 768 body types; each person must have an individually designed healing program that meets their specific needs. Many health problems such as: heart problems, digestive, bowel, headaches, hormonal imbalance, diabetes, ADD/ADHD and joint or muscular pain can be easily rectified without drugs. For 24 years, Dr. Stuart has provided holistic health and well-being services as a Naturopathic Doctor and Intuitive Healer, Pain & Trauma Therapist, Transformational Life Goal Coach, Author, Univ. Instructor and Public Speaker. She has been a guest on Radio & TV, and received recognition in newspaper & periodicals.

1:30 pm

The Original Cause of Disease

Dr. Jennifer Laing, MD
903-821-4001

Dr. Laing will discuss how disease originates and what you can do to heal. Dr. Jennifer Laing, MD, Board Certified Family Physician, Usui & Karuna Reiki Master, integrates complementary medicine on a daily basis into her practice. Visit www.schoolofmysticalawakening.com

2:00 pm

5 Healing Stones

Pat Cook
817-261-6300

Pat Cook is one of the trio of Power of the Rainbow in Arlington, TX. She is also a massage therapist and a certified crystal healer through the Crystal Academy of Advanced Healing Arts founded by Katrina Raphaell and Jewels of the Lotus. She and Tray have vended at the Wellness Expo for 11 years.

2:30 pm

A Crash Course in Understanding pH

Dr. Gary Berman, PhD, DC
972-404-8650

Everyone talks about pH balancing and diets, but do you really know how important your pH is as an objective biological measure of your metabolic and emotional health? Please join Dr. Berman for this interactive presentation that will give you practical suggestions to monitor the effectiveness of your health program. Dr. Gary Berman, PhD, NMD, DC is the founder of the InnerRx Institute in Dallas, a chiropractic, wellness and education center dedicated to the teaching and practice of achieving wellness on all levels.

3:00 pm

Empowering Women to Succeed

Patty Farmer
972-603-8209

Patty is a shining example of how passionate leadership coupled with a truly personal touch can create a meaningful and enduring platform bringing lasting and very real-world benefits. Patty Farmer is a multi-award winning public speaker, radio show host, author, and marketing professional, who has created a network of close to 50,000 connections. Owner and Director of the Texas Hot Pink Mamas, a Professional Business Networking Organization and the Founder of DFW Biz Link, a unique online-based networking, marketing and collaboration program for entrepreneurs, Patty's newest venture, Biz Link Global, is set to launch in September, 2011. Visit: www.pattyfarmer.com

3:30 pm

How to Self Muscle Test

Dr. John D'Amanda, BA, DC, ND
972-97Heart (972-974-3278)

Dr. D'Amanda will teach how to access the power within by self muscle testing. He will also discuss H.E.A.R.T. (Holistic Energy Activator & Realignment Therapy), which is a powerful integration of several ancient healing modalities. Dr. D'Amanda is a licensed Chiropractor and board certified Naturopathic Physician. He is a co-creator of H.E.A.R.T. and the president of H.E.A.R.T. Mission, Inc. Dr. D'Amanda has practiced in Aubrey, TX since 1999 and is the CEO of Country Chiropractic & Wellness Center, PA.

4:00 pm

Color & Light Therapy

Donna Reis, Certified
Chromatologist, CNHP
817-788-9451

Donna will discuss the history of Color and Light therapy, as well as how to heal emotional issues within your bodies through Color and Light therapy without spending thousands of dollars. Donna is a Certified Chromatologist, CNHP, Certified Ionic Researcher, and Certified in Emotional Release with Color Therapy.

4:30 pm

Angel Messages

Dr. Tammy Ledbetter, Ph.D.
972-874-3939

In this workshop, learn how to release blocks, receive messages, and manifest the divine guidance from your Angels through enlightening demonstrations and exercises. Dr. Tammy Ledbetter, PhD, who is certified in Angel Therapy® by Doreen Virtue, uses her gift as an Angel intuitive along with her formal training in transformational leadership to guide clients through major and minor life challenges.

5:00 pm

Intuitive Gallery

Sandra Larson & Cheryl McMillan
972-955-2756/469-767-2727

Sandra & Cheryl will offer an intuitive gallery. Guided by spirit, they will share channelled messages for audience members. Sandra Larson is an animal communicator, as well as an Intuitive Coach, who facilitates group/individual soul and past life journeys. Visit: www.sandralarson.com for more information. Cheryl is a Clairvoyant in private practice and owner of the Dallas Psychic Fair, which is held monthly in Dallas. Visit: www.dallaspsychicfair.com for details.

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Adina Williams817-375-1560
Irritable Bowel Syndrome, Iron
Deficiency Anemia

Beth Carpenter, ND

.....512-707-9886
Psychic, Tarot, Angels, Past Lives

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Visit: www.dove.thebiomatcompany.com

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Joye King, Spiritual & Intuitive
Counselor214-734-5844
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AnnMarie Touchette817-528-8841
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Chiro One Wellness Centers

Krystle Martens815-347-1925
Chiropractic Wellness Group, Health
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Color Vision

Donna Reis817-788-9451
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Products, Simply Intuitive Cards, &
Wellness Equip.

Crowne Chiropractic

Jerrod Edwards, DC....817-467-9233
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David Scott- Intuitive Medium

David Scott817-637-4213
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Gary Champion, Psychic Medium

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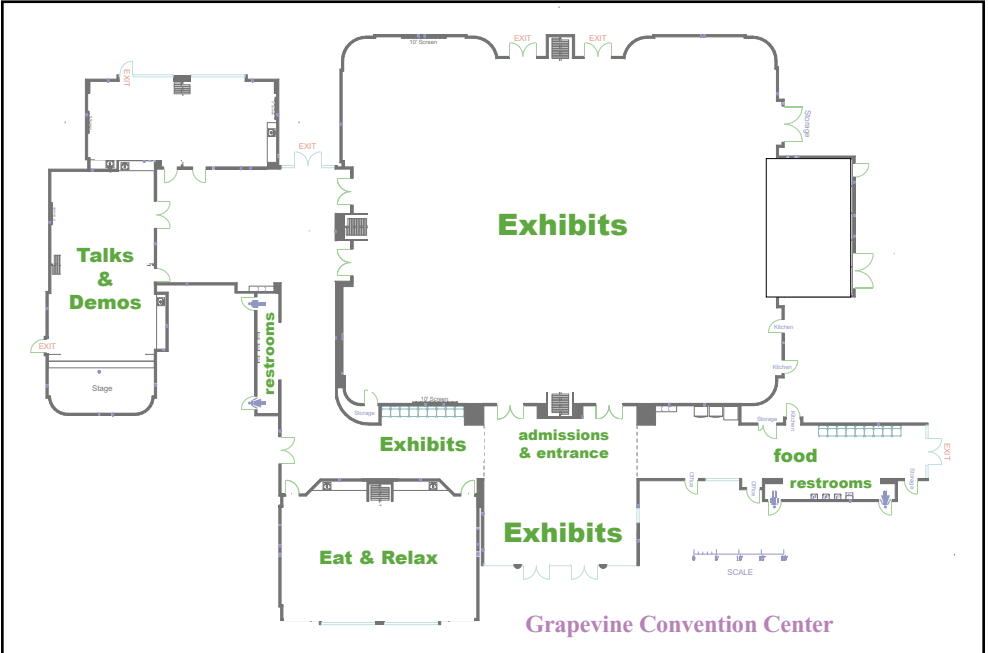
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HCG has been called a miracle weight-loss formula. For the first time, an affordable homeopathic remedy, formulated to free the body of stubborn fat is now available to you in easy-to-use drops.

I weighed 150 lbs. when I started the HCG diet and now I weigh 133 lbs. I wore size 10 pants and now I wear size 6. I lost the weight without having to go to the gym. I eat healthier and make better choices when I go out to eat. Weighing myself daily helped me see what made me gain weight. I gain weight when I eat bread and other food that has wheat in it. If I eat it then I know I will weigh a little more the next day. I had tried other diets but they didn't work. I lost 6 lbs on one diet but then I gained it back. Felicia and Tony have been helpful with answering any questions that I have about the drops and the diet.

—M.D.

I love the HCG and have lost 38 pounds. I have my husband on it and he has lost 20 pounds. People I work with see how much I have lost and they are getting on it, too. I can get into clothes that I had 20 years ago. I have also gotten compliments on how good I look and have given your web site out to several people all over.

—R.M.

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