

# 2018 EUGENE HEALTH & WELLNESS EXPO

## SEMINARS/DEMONSTRATIONS

**SATURDAY, OCTOBER 13**

**11:00 AM**

### **WHOLE FOOD PLANT BASED-"WHERE DO YOU GET YOUR PROTEIN?":**

Interactive audience engaged learning activity, slideshow and lecture on plant based protein with question and answer session at end.

*Presented by Tammy and Tracy Parks-Plant Chef Club*

**12:00 PM**

### **PURITY OF YOUNG LIVING THERAPUTIC GRADE ESSENTIAL OILS AND YOUNG LIVING'S COMMITMENT TO HUMANITARIAN AID:**

A series of short videos featuring the Young Living Seed to Seal Farming Practices and the Young Living Humanitarian Foundation.

*Presented by Young Living Independent Distributor-Young Living Essential Oils*

**1:00 PM**

### **HOW I USED A PALEO-AIP AND KETO DIET TO RESTORE MY HEALTH AND MY LIFE:**

Brian Gaudette, Army Apache helicopter pilot and founder of Captain Soup, will walk attendees through how he used a Paleo-Autoimmune protocol elimination diet in conjunction with a Ketogenic diet to regain his health and thrive as a pilot, commander and father of 3. He will share his methods for maintaining a regimented diet in the face of overseas deployments and austere and harsh conditions.

*Presented by Brian Gaudette-Army Aviator and founder of Captain Soup*

**2:00 PM**

### **WHAT THE RACE FOR THE CURE ISN'T TELLING YOU-LEARN ABOUT "FREEZING AND CURING BREAST CANCER" PLUS BREAST THERMOGRAPHY:**

Learn how to freeze and cure breast cancer with Cryoblation in a 45 minute office visit without surgery. Cryo is more effective than lumpectomy and radiation and it saves the breasts! Reduce your risk of breast cancer or it's recurrence with "Protect Your Breasts", an educational program and book. Infrared thermography identifies issues 3-8 years prior to mammograms. Also, a discussion with a holistic nurse practitioner regarding hormone balance, thyroid and weight loss as featured in her new book and eBook "Protect Your Breasts" on Amazon or also available in Booth 39.

*Presented by Ingrid Edstrom FNP, M.Ed-Infrared Breast Health and [www.Protect Your Breasts.com](http://www.Protect Your Breasts.com)*

**3:00 PM**

### **HEAL YOUR ENVIRONMENT, HEAL YOURSELF: USING FENG SHUI PRINCIPLES FOR HEALTH AND WELL-BEING:**

Feng Shui has for millenniums addressed factors in our environment that affect our health such as: poor air quality, light, electrical leakage, dust, odors, clutter and other factors. We will discuss adding plants to clean your air and other Feng Shui traditions to create an environment that supports good health and/or healing.

*Presented by Sandra Jeffs-Finesse Feng Shui*

**4:00PM**

### **LIVING IN A LEGAL WORLD AND THE TRUTH ABOUT ID THEFT:**

Did you know there are 15 areas of law? The fact is we live in a legal world with a legal life and every day we live in the unknown. Where someone can steal your ID and just become you with a few key strokes. Your Chance of Becoming an ID Theft Victim is Greater Than You Think. 16.6 million Americans-7 percent of everyone 16 and older-were victims of identity theft at least one time last year. This seminar will talk about the top areas of ID Theft to watch out for and how Balance the Scales of Justice.

*Presented by Julianne Harris-LegalShield/IDShield*

**4:30PM**

**CHAIR YOGA:**

Chair yoga with Suman is gentle and easy for anyone. These exercises can boost your mind body fitness.

*Presented by Suman-Master Instructor-Tai Chi Yoga Center*

**SUNDAY, OCTOBER 14**

**11:30AM**

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