

Natural Health & Wellness Expo



Sunday, October 12, 2003
9am - 7pm
Florida Tech Clemente Center
www.healthylivingexpos.com

CLP
Conscious Living Partnership

natural
awakenings
HEALTHY LIVING



A Complementary Herbal Approach with Cancer

Joanna Helms BA, Herbalist – Indian Harbour Beach, Florida

Statistics tell us that more people are afflicted with Cancer today than ever before. With the number of cases on the rise so is the demand for complementary therapies to aid recovery. Explore an herbal approach with Joanna Tunstall-Helms that complements medical treatments and will support the body. Joanna's "grassroots" presentation will address beliefs, concerns, and a traditional use of plants providing you options on your path to wellness.

Joanna Tunstall-Helms holds a B.A. in Communication Disorders and is a Certified Herbalist with 8 years of clinical experience. She has studied with Michael and Leslie Tierra in Santa Cruz, California, Rosemary Gladstar in Vermont, and spent over four years with Kathleen Gould, previous owner of "The Herb Corner". Joanna owns and manages "Mama Jo's Sunshine Herbals" in Indian Harbour Beach, Florida. Her depth of knowledge and caring style attract many seeking advice and even more who like to sit in the welcoming atmosphere to visit and enjoy a cup of herbal tea. Joanna offers a variety of classes in herbology including certification courses appropriate for a range interests. 321-779-4647



Healthy Living Through "Green" Homebuilding

Eric Martin – Cocoa, Florida

Discover how your home can impact your health and what you can do to create a healthier environment for your family. "Green" homes are designed to be affordable to operate and maintain, minimize their impact on the environment, and provide a healthy living environment for their occupants. Eric Martin will detail how research conducted by the US Department of Energy's Building America Program can be implemented to provide cost effective solutions for "green" homebuilding. The research has led to a green home standard for Florida, acting as one of many tools available to help achieve healthy living goals.

Eric Martin is a Research Engineer in the Buildings Research Division at the Florida Solar Energy Center (FSEC). He holds a Bachelor of Science in Chemical Engineering and a Master of Science in Environmental Engineering, both from the Florida Institute of Technology. He currently is a member of the Building America Industrialized Housing Partnership, sponsored by the US Department of Energy, where he conducts research and provides technical assistance to the home building industry to improve the environmental performance of homes. Eric serves as secretary of the Board of Directors for the Florida Green Building Coalition, and acts as the Coalition's Home Standard Committee Chair. He has been active in the creation of green building guides and standards for residential buildings, commercial buildings and municipalities.



The Power of Peace of Mind

Bruce A. Hofmann, D.C. – Parkland, Florida

Imagine coming from a place of Peace of Mind, hmmm...quiet and centered with no brain chatter. How much would and could you accomplish each and every day by quieting the noises which sabotage our own successes? The Bio-Physical Emotional Clearing process of NET™ maximizes your potentialities and turns them into realities. This cutting edge technology through a simple, yet elegant, 15-step process allows us to find and release pieces of your past that may be interfering with your present.

Dr. Hofmann introduces this new tool, developed by Dr. Scott Walker, D.C., to help you to maximize your creative energies while being more present in the moment, more fully in sync and allowing you to come from the point of divine certainty.

Dr. Bruce Hofmann is an energetic, compassionate teacher, facilitator and holistic healthcare professional. He is an established chiropractor since 1983, a Certified Industrial Consultant, a Certified N.E.T. Practitioner and a Personal and Professional Coach. This year at the University of Miami's School of Medicine, Dr. Hofmann participated as part of the team of certified NET™ Practitioners introducing Neuro Emotional Technique™ as a required workshop for all 2nd year Medical residents. Based on its' overwhelming success, Dr. Hofmann was asked to return, as one of eight certified NET Practitioners to present the NET process to the University of Miami's School of Medicines' Department of Psychiatry and Psychology at their 2003 Annual Faculty retreat. Dr. Hofmann can be reached at 954-753-2866 or email Drbrucehofmann@aol.com.