

Program Guide

Natural Nutmeg Magazine's “Empowering Me...Naturally”

WELLNESS CONFERENCE

November 11 & 12th, 2011

CONNECTICUT CONVENTION CENTER, HARTFORD, CT



Keynote Opening Speaker:
Dr. Joan Borysenko
November 11th, 7-9pm.



Closing Speaker:
Suzane Northrop
November 12th, 3-5pm.

Saturday November 12th
Workshops, Demos and Exhibits
8am - 5pm • 3rd floor Convention Center
Tickets available at the door

Raffles, Prizes & Giveaways!

- Apple iPad2 - donated by Beacon Prescriptions Compounding Pharmacy
- 5-hour Limousine Rental & Wine Tasting for 6 people at 3 Vineyards in CT!
- 1-Hr. Portrait session provided by Matthew J Wagner Fine Photography

Visit us at booth #26 and be sure to enter!

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The Door Opener



“Empowering Me...Naturally”

Exhibitor list

Exhibitors are located in rooms 21-23

Exhibitor	Booth #	Exhibitor	Booth #
Mondazzi Books www.mondazzi.com	1-3	Menla Holistic Health www.menlaholistichealth.com	15
Manchester Parkade Health Shoppe www.cthealthshoppe.com	4	The Center for Integrative Healthcare & Healing www.cmgmids.com/cihh.html	17
Chiropractic Health Center of Glastonbury www.glastonburychiro.com	5	Designed Training designedtraining.com	16
Spirit Transitions www.spirittransitions.com	6	Anew You Skincare & Wellness Center www.anewyouskincare.net	18
Glastonbury Naturopathic Center www.naturopathicwellness.com	7	Access Consciousness www.susanlazarhart.com	19
A Shaman's Way www.ashamansway.com	8	Dr. Deborah Gilmour www.drdgilmour.com	20
Wholesome Creations www.wholesomecreations.com	9	Pentalign www.pentalign.com	21
Apple Rehab Sport & Spa www.applerehabsportspa.com	10	Enlightened Way Wellness Center www.enlightenedway.com	22
Eco-Attic-Guard www.eco-attic-guard.com	11	Door Opener Magazine www.anopendoor.com	24
Dr. Debra Anastasio www.drdebraanastasio.com	12	Harvest Park Naturopathic Medicine www.naturopathicanswer.com	25
Harness the Sun www.harnessdelsol.com	13	Natural Nutmeg Raffles Table	26
Qivana www.qivana.com	14	Integrated Physical Therapy www.integratedlifetherapy.com	27
		The Graduate Institute www.learn.edu	28

Exhibitor	Booth #	Exhibitor	Booth #
The Warrior Workout www.thewarriorworkout.com	29	Arbonne www.arbonne.com	36
Beacon Prescriptions Compounding Pharmacy www.beaconcompounding.com	30	Swift Farms www.swiftfarms.com	37
CT Natural Health Specialists www.ctnaturalhealth.com	31	Natural Nutmeg Testimonials Table	38
Art of Living www.artofliving.org	33	Natural Nutmeg Ebooks Sales Table	39
The Epoch Times www.epochtimes.com	34	YZ (Tower Brands) www.yzchoice.com	41
Maribeth Abrams www.maribethabrams.com	35	Whole Foods Market	42
		Creative Seminars www.cstapes.com	43 - 45

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“Empowering Me...Naturally”

Saturday Schedule

6:00am - Doors Open for Exhibitors

7:00am - 8:30am - Registration/Check-In, Exhibitor Hall Opens

8:30am - 8:50am - Opening Remarks, Dr. Diane Hindman, Rms. 25-27

9:00am-9:50am

1. “ONDAMED... A Better Way to Make You Better” Malou Dusyn, Rm.

14. ONDAMED is a non-invasive medical device that tunes your body's own energy frequencies to jumpstart your immune system, spark healthy cell regeneration and repair, reduce inflammation and pain, and tap into long-held negative emotional beliefs. ONDAMED offers new hope to people suffering from disease and emotional trauma.

Malou Dusyn is a Psycho-Spiritual Counselor with a special emphasis in Mindfulness-Based Cognitive Behavioral Therapy. She integrates a holistic approach in healing the body and mind with Energy Medicine. www.menlaholistichealth.com.

2. “Hooping” Karla Kress-Boyle, Rm.

15. The Mission of CT Rhythm Moves is to bring dance into peoples lives, inspiring them to move, laugh and feel awakened while promoting self-confidence, creativity, and harmony from within. Experience a hula-hooping dance class.

Karla Kress-Boyle started dance at 3 and has been dancing ever since. She

has over 10 years of experience teaching tap, ballet, jazz, pointe, lyrical, and many creative movement and preschool dance development classes. She has been an instructor at many local studios, and was co-owner of a dance studio for 4 years. www.rhythmforlifect.com.

3. “10 Easy Ways to Green Your Wedding or Celebration” Kate Harrison, Rm. 24.

Kate Harrison, author of the best-selling green wedding book *The Green Bride Guide: How to Plan an Earth-Friendly Wedding on Any Budget* (Sourcebooks, 2008), offers tips and tricks to go green and save money, without sacrificing style or elegance. From invitation and attire to favors and honeymoon travel.

Kate L. Harrison is the founder and CEO of Green Bride Guide. She has a JD in Environmental Law and a Master's degree in Environmental Management from Yale. www.greenbrideguide.com helps couples promote social and environmental change, and support their local green economy, while creating the weddings of their dreams.

4. “Starting & Ending Relationships Without All The Drama” Diane Hindman, PhD, Rm. 27. Why are we so addicted to drama? Is it easier to live with drama or create a life without it? Drama can only occur when you’re not paying close attention to what kinds of thoughts you’re entertaining. Explore how you can begin, maintain and even end relationships from a place of true authenticity, compassion and love.

Dr. Diane Hindman is the owner and publisher of Natural Nutmeg Magazine and founder of Dr. Diane Speaks. For 20 years, her work has focused on inspiring individuals to learn about the power of thought and emotion and how it shapes their lives. You can learn more about her online at www.naturalnutmeg.com or www.drdianespeaks.com.

10:00am-10:50am

1. “100 Natural Remedies for Your Child” Jared Skowron, ND Rm.14. Author of the new book, 100 Natural Remedies For Your Child, Dr. Skowron will teach you the right foods, supplements, and natural remedies that are safe, and scientifically researched to help your child be healthier. Having helped thousands of children, he has the natural answer for your child.

Dr. Jared M. Skowron is a national expert in natural medicine for children. Faculty at University of Bridgeport, and founder of their Pediatric & Autism Clinic, he has helped thousands of children fulfill their optimal potential. www.100NaturalRemedies.com.

2. “MELT Fitness” Joe Carabase, Rm. 15. With over 7 years in the fitness industry, Joe created a workout system driven by functional movement, cross training and intensity that shreds body fat while building a lean and tone physique. Experience Connecticut’s fat loss solution.

Joe is a Certified Personal Trainer through the American Council on Exercise and Aerobic Fitness Association of America, Nutrition Specialist through the International Conditioning Association of America, and owner and founder of M.E.L.T. Fitness Studio and Carabase Training (www.carabasetraining.com)

3. “Plant Magic” Joan Palmer, MS, Rm. 24. What is it about plants that energize us, relax and calm us, heal us, prevent illness, and sooth our souls? See for yourself as we explore the healing properties of some of our plant allies. We will make a tea, tonic, and soup to keep you and your family healthy, and help you connect to that deeper “plant magic.”

Joan Palmer, M.S. is the creator and owner of Real Food Matters, LLC, and brings nutrition consulting and education to individuals, families and businesses. Joan is currently teaching ‘The Art and Science of Eating’ as part of an accredited MS Degree program in Experiential Health and Healing at the Graduate Institute in Bethany, CT.

4. "A Safe Journey Through the Power of Hypnosis" Deborah Gilmour, MD, Rm. 25. Dr. Gilmour will explain just what hypnosis is, describe the benefits of it and how it can change your life. She will answer frequently asked questions about hypnosis, including the common fears and misconceptions.

Neuropsychologist Dr. Gilmour operates the Multilingual Rehabilitation and Assessment Services in Farmington, CT. Dr. Gilmour has developed highly successful techniques for treating unexplained infertility using hypnosis. www.drkgilmour.com.

5. "Cancer Prevention & Immunity: Treatment Through the Natural Alteration of Genes" Michael Dworkin, PD, MS, Rm. 27. Dr. Dworkin will address the latest cancer research related to natural means of boosting the immune system and preventing cancer.

Michael Dworkin, P.D., M.S., has a Doctorate in Pharmacy and a Master's Degree in Clinical Nutrition, and is a Connecticut licensed practitioner. Having guided patients since 1956, he has especially been devoted to researching cutting-edge nutrients to help them boost their immune systems. He is the owner of the Manchester Parkade Health Shoppe. www.cthealthshop.com

11:00am-11:50am

1. "What is Reconnective Healing?" Pentalign, Rm. 14.

Reconnective Healing is a new way of interacting with the body's energy field, linking to universal energy frequencies which can bring about amazing physical healings. It is considered to be able to reconnect us to the universe and to our very essence.

Annette Moreland, Janet Miller, Ken Lara and Kevin Jensen are all Level III Reconnective Healing Practitioners. Discover a life-changing experience that uses the light and information exchange of the fifth-dimensional energy grid to renew the human body, mind, and spirit. www.pentalign.com

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2. "Laughter Yoga" Kristin Barber, HA HA, Certified Laughter Yoga Leader, Rm. 15

Laughter Yoga combines unconditional laughter with yogic breathing (Pranayama). Laughter is simulated as a body exercise in a group; with eye contact and childlike playfulness, it soon turns into real and contagious laughter. The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits.

3. "Drumming Circle" Dennis Cotton, Rm. 16.

Experience the power of the drum with Dennis Cotton. No experience needed.

Dennis Cotton is an accomplished performer, session player, drum circle facilitator, and elite music educator. Over his 20 plus year career, Dennis has recorded more than 40 albums, performed music for television, radio and motion pictures and toured worldwide. Dennis is an endorsed Drum Circle Facilitator and Drum Kit Artist for the REMO drum company. www.powerofthedrum.com. This is a 1.5 hour program.

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**See article in November 2010 issue at naturalnutmeg.com*

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11:00am-11:50am

4. “Farm-to-Table Cooking” Chef Dave Pianka, Papacelle, Rm. 26. Experience farm-to-table cooking with Dave Pianka of Papacelle Ristorante in Avon. Their philosophy is to take what you have and make something with it while being true to the ingredients. All his dishes have only 3-4 ingredients and every item is made in-house. They visit local farms scouring for the best ingredients weekly, which allows them to be creative and offer an ever-changing menu. www.papacelle.com.

5. “Still Struggling With Weight Loss? Give Up Dieting Forever!” Maribeth Abrams, MS, CNC, Rm. 27. Do you struggle with your weight, experience cravings, and feel lethargic even though you follow conventional health guidelines. Treat yourself to an enlightening and engaging presentation on what it takes to prevent disease and lose weight permanently, and why people say that they feel amazing in the process.

Maribeth Abrams, MS is a Certified Nutritionist and Certified Lifestyle Educator. She is the author of two natural food cookbooks in international distribution. In her Glastonbury office Health Harmony, Maribeth offers nutrition counseling with a specialty in disease prevention as a means to permanent weight loss. www.maribethabrams.com.

12:00pm-12:50pm

1. “Peeling Back the Layers to Work with Physical & Emotional Restrictions” DJ Horn, PT, LMT, CST. Rm. 14. Understand how each restriction subtly reinforces other restrictions which ultimately creates a layered effect. This is why injuries or trauma from an earlier time in life may still impact us in the present. Discuss the

true structural connections from head to foot and how a problem in one area can create negative change in another area.

DJ Horn brings her experience in physical therapy, massage therapy, craniosacral therapy and body-generated emotional release to create her own unique healing experience which encompasses both physical and emotional approaches. She currently owns her own practice in Hartford, Connecticut. www.integratedlifetherapy.com

2. “Fitness Bootcamp” Cassandra Forsythe, PhD, RD, Rm. 15. Discover the Fitness Revolution, the ultimate fat loss and fitness boot camp program. This scientifically-proven integrated rapid fat loss training and nutrition program will transform your body in ways you never dreamed possible.

Cassandra Forsythe holds her PhD in Exercise Science and Nutrition from the University of Connecticut and is a Registered Dietitian. She is the author of two popular nationally publicized books for women, “The New Rules of Lifting for Women”, and “Women’s Health Perfect Body Diet.” www.cassandraforsythe.com.

3. “What’s On Your Plate?” Terry Walters, Rm. 26. Without preaching or judgment, Terry shares her passion and shows us how simple it is to get on the path to eating clean and enjoying good health, for yourself, for your family and for the environment. Terry has traveled all over North America, speaking about CLEAN FOOD.

Terry Walters is at the forefront of the clean eating lifestyle movement. She is the author of two highly acclaimed cookbooks – the bestselling, CLEAN FOOD, and the James Beard Foundation Award finalist and recipient of the Nautilus Gold Book Award, CLEAN START. www.terrywalters.net.

4. "Movement, The Natural Way" John Watson, CSCS, NSCA-CPT, FMS, Rm. 27.

We are all born with amazing flexibility, mobility and the ability to learn to move. Re-establish natural patterns that will enable you to keep moving throughout your lifetime. Movement is an important aspect of your overall wellness that needs to be protected and maintained in order to enjoy an elevated quality of life.

John, *Designed Training* founder, has been training individuals since 1983. John has advanced knowledge of anatomy, physiology and biomechanics and uses it to fuel his passion of helping people with movement in order to improve fitness. www.designedtraining.com.

how thoughts and behavior can positively/negatively influence health.

Erika Cappelluti, M.D., Ph.D., F.C.C.P., is board-certified in *Integrative/Holistic Medicine, Pulmonary & Critical Care Medicine, and Internal Medicine*. She is the founder and Medical Director of *The Center for Integrative Healthcare & Healing*, which is located in Bloomfield, CT. www.cmgmids.com/cihh.html.

2. "EMPOWER Leadership Sports & Adventure" Dan Jaskot, Rm. 15.

Empower has facilitated adventures for thousands of families, co-workers, friends and couples from ages 6 to 86. They motivate you to achieve more, take on new challenges

and provide you with a thrilling, but safe experience that you will not soon forget. There won't be a zipline here, but Dan will get you empowered through games and team building experiences.

Empower Leadership Sports and Adventure Center in Middletown is the place to go if you want to test your confidence and experience a thrilling adventure. Zip lines, sky bridges, tree climbs, and scavenger hunts are what you'll be exposed to during a two-hour adventure designed to test even the strongest of wills. www.leadershipsports.com

1:00pm-1:50pm

1. "The Mind-Body Connection: How Good Thoughts Can Lead to Good Health" Erika Cappelluti, MD, PhD., Rm. 14.

Have you ever wondered if your thoughts can make you sick or accelerate healing? Explore theories of why people become ill and how their belief systems can influence their health, including the role of genes and environmental factors in the development of disease states and

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1:00pm-1:50pm

3. “If You Don’t Take Care of Your Body, Where Are You Going To Live?” Marie Baumuller, Rm. 24. Have you ever purchased a diet book, a “fat burning” supplement or perhaps bought numerous workout tools thinking-“this is the one”?! How has that worked for you so far? You’ll learn facts about proper nutrition and exercise and leave scratching your head and asking “why didn’t anyone tell me that before?”

Marie is a fitness/wellness professional with over 20 years experience in the health and wellness industry. She is both a certified Personal Trainer/Instructor with NASM, ACE, and AFAA. She sits on the Advisory Board for YZ™ Hydravescant Crystals and is Fitness Enthusiast on their website. www.yzchoice.com

4. “Decreasing the Stress in Your Life: How Not to Take on Other People’s Energy” Susan Lazar Hart, Rm. 25. In this interactive workshop, learn to create a successful, juicy, joyous life with a proven system of powerful tools and techniques anyone can use. Would you like to take the stress out, improve your life and a whole lot more? This is like nothing you’ve ever heard before.

As an international motivational speaker specializing in conscious choice Susan brings to you her wealth of knowledge with guidance, humor and insight. Susan is a facilitator with Access Consciousness, a Relationship Counselor, a Transformational Life Coach and the creator of Right Relationship for You. www.susanlazarhart.com

5. “The Energetic, Intuitive You in the 3D World” Dorinda Gay, Rm. 26. In this lecture recognize the innate clues your body already uses to signal being Connected or Disconnected while clearing

the energy body (aura) to keep your intuition flowing. The key to expanding Intuition is feeling worthy to Receive this infinite lifeforce simply because you were born and choose to live it now.

Dorinda serves as an Independent practitioner, workshop leader and energetic consultant to individuals and organizations with emphasis on energy shifting, space clearing and energetic boundaries. She has a private practice in Croton on Hudson, NY. www.spirittransitions.com.

6. “Plastics, Solvents, Pesticides & More: How Your Body Clears Unwanted Chemicals!” Lauren Gouin, ND, Rm. 27. In today’s environment, we are exposed to hundreds of toxic substances that our body has to process and clear. Learn what detoxification is, how your body naturally clears unwanted chemicals and how to support it. Dr. Gouin, will talk about how to reduce exposure and improve detox pathways in the body to protect from harmful chemicals.

Dr. Gouin received her doctorate in naturopathic medicine from the University of Bridgeport and is a licensed naturopathic physician in the state of Connecticut with a family practice in Manchester. She uses her expertise in nutrition, botanical medicine, homeopathy and acupuncture to offer individualized treatments for patients of all ages. www.ctnhs.com.

2:00pm-2:50pm

1. “Beyond Mammograms: The Real Truth About Breast Cancer Prevention” Debra Anastasio, ND, Rm. 14. Dr. Anastasio will present a breast saving seminar to educate women on how to identify their risk for developing breast cancer and become proactive at preventing breast cancer development.

Dr. Anastasio is the Clinical Director

of the New England Naturopathic Center, LLC, and authored the book "What the Bleep Can I Eat?" in 2010 and will soon be releasing "What the Bleep Can Kids Eat?" She is also a professional member of the American Association of Naturopathic Physicians. www.drdebraanastasio.com.

2. "The Warrior Workout" Donna Papetti, Rm. 15.

The Warrior Workout is a program of exploration and change with exercises designed to help increase self awareness, open up and enhance communication with your body, your mind, your emotions, your internal energy system.

The Warrior Workout is a product of Donna's own personal journey of self exploration and evolution. That is how The Warrior Workout came to be a tangible entity, how she got unstuck and how once again, life became a playground full of joy and laughter. www.thewarriorworkout.com.

3:00pm-4:50pm

1. Raffle Drawings

2. Suzane Northrop: Closing Keynote

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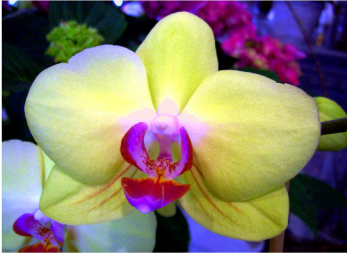
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