

2:00 - 3:00 PM

Valerie Hall, CNHP

Location: Claude Morris Suite

Controlling Blood Sugar for Weight Balance and Good Health!



Learn:

- How to plan a diet that will achieve better blood sugar balance if you have highs or lows.
- Why blood sugar balance is essential for weight loss.
- Beneficial nutritional supplements, including enzymes, alpha lipoic acid, and minerals.

Valerie Hall is a nutritional consultant and a Type 1 Diabetic herself, with decades of personal experience in blood sugar management and weight loss. She has specialized in nutritional education for the past 10 years.

AARP

Real Dangers of Adverse Drug Reactions

Location: Heald Suite



Medication is Serious Business. There are real dangers of adverse drug reactions. This AARP Wise Use of Medication Presentation will help you become a better medication manager for your health and safety and even look at ways you may reduce your drug costs. Free AARP Personal Medication Record (PMR), a form where participants can document all the details about their medicines, will be given out during the presentation.

Stas Ozog III, L.Ac., Dipl. A. and C.H.(NCCAOM), MTOM

Location: Shell Suite

Herbal Combinations - Versus Single Herbs



This lecture will give you insight into theory, strategy, substances, and formulas of Oriental Medicine. Single herbs can produce great health benefits, but herbal combinations are capable of balancing and harmonizing the entire body.

Stas Ozog III, L.Ac., Dipl. A. and C.H.(NCCAOM), MTOM, cofounder of Clear Products, Inc., is a Licensed Acupuncturist in California, licensed nationally as an Acupuncturist and Chinese Herbalist and has a Masters in Traditional Oriental Medicine.

ENJOY INFORMATION, SAMPLES AND TASTINGS FROM:

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| Boar's Head | Irwin's | Nutraceutical |
| Bob's Red Mill | Jarrow | Papa Catella's |
| Carlson | Jesse Lord's | Renew Life |
| Cascade Fresh | Kashi | Small Planet Foods |
| Chesapeake | MRM | Volcanic Red |
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SAN DIEGO WELLNESS FAIR

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THE SCOTTISH RITE EVENT CENTER IN MISSION VALLEY

FEATURING



SHAWNA MCNALLY MPH, RD
CELIAC DISEASE AND THE GLUTEN-FREE DIET: CONFUSION MYTHS AND MISINFORMATION - DO YOU HAVE THE FACTS?



JOLIE ROOT
THE MANY BENEFITS OF VITAMIN D- THE SUNSHINE VITAMIN

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DISCOVER A PATH TO BETTER HEALTH AND WELLNESS

9:30 - 10:30 AM

Jolie Root

The Many Benefits of Vitamin D—The Sunshine Vitamin

Location: Claude Morris Suite



Did you know that over 70% of North American's don't get enough Vitamin D?

Join Jolie Root to learn:

- What role Vitamin D plays in disease prevention?
- How much Vitamin D is enough?

Jolie Root is a Licensed Practical Nurse, a Licensed Nutritionist and a medical journalist in private practice in Denver, Colorado.

Mitchell Coven, BS, Medical Herbalist

Herbal Protocols for the Immune System

Location: Heald Suite



For maximum success when treating the immune system with herbs, it is important to differentiate between what to take to prevent disease versus what to take when you are sick. Depending on your history and symptoms, different herbs are required in order to optimize health for the whole family. We will review what to take, when to take it and what to expect, and more about what our immune system does and doesn't need.

Mitch Coven has spent 28 years in clinical practice and product development of many successful and popular herbal products for many Nutraceutical companies and natural products stores such as Henry's. He is the founder of Vitality Works Clinic and Lab in Albuquerque, NM and sits on the Board of the American Herbal Products Association.

Erica Bohm

Can You Really Eat Healthy at Restaurants?

Location: Shell Suite



Discover what challenges are associated with eating out and making healthy choices.

Erica Bohm is V.P. and Director of Strategic Partnerships at Healthy Dining, a pioneering San Diego-based company that is leading the nation's largest-ever restaurant nutrition initiative. She has a master's degree in community health sciences and has 30 years experience in health and nutrition.

11:00AM - NOON

Julia Griggs Havey

"Diets Don't Work": Still Want to Lose Weight...Permanently?

Location: Claude Morris Suite



Come listen to obesity survivor and best-selling author Julia Havey. Julia recounts how she lost 130 pounds without dieting! And she has kept it off for more than 14 years. Real weight loss. Permanent weight loss. Julia will teach you what really works—safe, sane and healthy techniques...and a few secrets tool [Julia loves PGX supplements as part of her own program.]

Author of "Awaken the Diet Within, From Overweight to Looking Great!" (Reaching #2 on the Health rankings Amazon.com), Julia served as the "Master Motivator" at eDiets.com for seven years and has written for CBN.com and Diet.com. Her latest book, "The Vice Busting Diet", quickly reached the bestsellers lists and got the endorsement of Dr. Mehmet Oz. Now, she is touring the country with her Diets Don't Work workshops.

Franklin Zalman, M.D., F.A.C.C.

Heart Attack and Stroke: Prevention, Treatment, and Diagnosis

Location: Heald Suite



Learn:

- About advances in cardiac health and medicine
- What symptoms women should watch out for

Zalman, a Diplomate of the American Board of Internal Medicine and the American Board of Cardiovascular Diseases, is Board-Certified in Interventional Cardiology. President and Medical Director of the Cardiovascular Disease Foundation, Dr. Zalman has over 20 years of experience treating patients with complex cardiac conditions. His practice is the Advanced Cardiac Care Center in Del Mar.

Omar Cruz

Don't Just Survive—Thrive! Supporting Vitality and Energy in Times of Stress

Location: Shell Suite



Join us for an illuminating tour of the body and wander through the amazing and adaptive physiological changes that occur during the stress response. Together, we will shed new light on the link between stress and numerous health conditions and review both ancient and modern understandings that provide continued hope for vitality, energy and wellness.

Learn:

- How to increase your vitality, energy and wellness by addressing the stress in your life.
- What happens physiologically to your body during times of stress.
- How stress is directly linked to numerous health conditions and what you can do about it.

Omar Cruz is a botanical researcher, author, and clinical herbalist serving the industry for almost 20 years. He was previously Director for the Clinicians Division at Gaia Herbs where he also served as National Herbal Educator for several years.

12:30 - 1:30 PM

Shawna McNally, MPH, RD

Celiac Disease and the Gluten-Free Diet: Confusion, Myths, and Misinformation—Do You Have the Facts?

Location: Claude Morris Suite



Join Shawna for an evidence-based look into celiac disease and the gluten-free diet. Dispell common myths and finally get accurate answers to all of your gluten-free questions!

Shawna McNally is the Dietitian and Study Coordinator for the Wm. K. Warren Medical Research Center for Celiac Disease. She conducts research, provides nutrition counseling and teaches classes on celiac disease and the gluten-free diet.

Mark Helvey

Everything You Want to Know About Sustainable Seafood

Location: Heald Suite



This presentation will examine federal requirements imposed on U. S. fishermen designed to minimize ecosystem impacts from their fishing practices. These requirements, which may be unknown to many consumers, could assist in their buying habits. In terms of sustainability, attendees will learn the difference between imported versus U.S.-caught fish; some of the requirements that U. S. fishermen must adhere to, and NOAA's FishWatch Program which can serve as a useful seafood guide for consumers.

Mark Helvey is the Assistant Regional Administrator (ARA) for Sustainable Fisheries for the Southwest Regional Office of NOAA's National Marine Fisheries Service and has been involved with marine issues in California for over 34 years. He received a B.A. degree in Biological Sciences from the University of California, Santa Barbara, a M.S. degree in Marine Sciences from the University of Arizona, and an M.B.A. from California State University, Long Beach. As the ARA, he is involved in domestic and international fishery issues as they relate to highly migratory and coastal pelagic species on the U. S. west coast.

Dr. Tony Kovacs

Cleanse—Preparation and Foods to Help

Location: Shell Suite



A fun and informative talk on the benefit of cleanses and understanding the need for correct preparation. Topics discussed will include blood types, juices, food and food groups. Attendees will walk away with a clearer picture of how to maximize a cleanse and gain the most benefit from their efforts.

Dr. Kovacs has 20 years of clinical practice in Australia, lectured at university level for six years, introduced high-SPF chemical-free sunscreen into the U.S., and is one of the owners of Soleo Organics Sunscreen.

14TH ANNUAL SAN DIEGO WELLNESS FAIR