



Sidney Health Fair

Working Together for a Healthy Community

2048 Melville Drive, Sidney, British Columbia, V8L 2N1

Tel: 250.655.0515 Fax: 250.655.0513

www.sidneyhealthfair.com

SAM GRACI

Biography

Sam Graci is an internationally renowned lecturer, consultant, researcher, and formulator in the field of optimal human health and nutrition. A graduate of the University of Western Ontario in adolescent psychology and chemistry, Sam has additional degrees in education, special education, and counselling. He is the founder and president of Graci Research Ltd., a company dedicated to nutritional research and development. Sam has traveled extensively throughout the world interviewing researchers, reviewing studies, and collecting information about medicinal plants, vegetables, fruits, grains, legumes, sea vegetables, and organic growing techniques.

As a result of his work, and after seven years of research, Sam created and introduced greens+ to the US market in 1991 and to the Canadian market in 1993. The award-winning "green drink" is comprised of 23 synergistic foods designed to supplement a healthy diet. The success of greens+ and Sam's research have spawned the development of a whole category of products known as green 'superfoods'. Sam was also instrumental in the development of the newly enhanced greens+ formulations, including greens+ daily detox and greens+ extra energy.

Sam remains North America's leading authority on nutritional superfoods as well as a key expert on acid-alkaline chemistry and its connection to optimal health. His work and his products continue to be supported and endorsed by leading holistic practitioners.

Residing in beautiful Salt Spring Island, Sam continues to write many progressive articles on nutrition and health for magazines and newspapers. He has also authored the following books: **The Power of Superfoods** (1999), **The Food Connection** (2003), **The Path to Phenomenal Health** (2005) and his latest: **The Bone-Building Solution** (2006).

Presentation Topic

pH: a marker of overall health

It's likely you've heard or read about pH levels and how your body's alkaline and acid balance may determine your overall state of health. While most of us follow a healthy diet, we tend to be more acidic than alkaline. This can be a result of consuming too many acid-forming foods, strenuous exercise and stress. Sam Graci will discuss the emerging link between acidity and disease along with steps on how to become more alkaline. Join Sam Graci, test your pH and get the information you need to get you and your customers on the road to alkalinity.

BRAD KING

Biography

Brad King MS, MFS, has been referred to as one of the most influential health mentors of our time and is widely recognized as one of the most sought after authorities on nutrition, obesity, longevity and men's health.

After losing both of his parents to cancer within a six month period fifteen years ago, he has since dedicated his life to encouraging people to take charge of their health. Brad believes...It's not that you age... it is how you choose to age that matters.

Brad is the author of 10 books including the international best seller, **Fat Wars 45 Days to Transform Your Body**, and the newly released **Beer Belly Blues: What Every Aging Man and the Women in His Life Need to Know**.

Aside from being an inductee into the prestigious Canadian Sports Nutrition Hall of Fame, he is also the head sports nutritionist for Athletes United; one of the worlds most esteemed sports organizations and sits of the board of directors for CHI—the premiere sports nutrition education center.

Brad formulates the highest quality nutritional supplements for the natural health industry and has won many gold medal awards over the years for these products. He receives testimonials on a daily basis from those whose lives he has changed.

Brad's depth of knowledge and sense of humor make him a popular interview and he has been featured on thousands of television and radio programs as well as both magazine and newspaper articles throughout North America as a leading health expert. Some of these shows include: The Today Show, Canada AM, Balance TV, Macleans, Oxygen, The National Post, Chatelaine and The Vancouver Sun.

You can listen to Brad live every week at noon Pacific/3pm Eastern on his radio show Transforming Health with Brad King which can be heard at www.VoiceAmerica.com The Health and Wellness Channel.

Presentation Topic

Stress... The Invisible Saboteur

It is believed that between 80–90% of all illnesses are linked to stress and nearly 60 percent of the adult population is chronically sleep deprived. People who are chronically stressed are more at risk of a fatal heart attack, heart disease, depression, cancer, eating disorders, ulcers and hair loss.

A good night's sleep is often affected by high levels of stress hormones, which impair the ability to sleep deeply.

Join Nutritional Researcher and Best Selling Author Brad King as he explains how you can best help your customers safely and effectively reduce and/or greatly eliminate the negative effects of stress and get a good night's sleep.

CLIVE LANGTON

Biography

have been practicing a healthy lifestyle for many years. Previously, I spent five wonderful years working & living in a natural health institute, the Polarity Alive Institute. There we incorporated raw living foods, wheatgrass, and a natural regimen in our program.

Back in the early 90's, I was one of the founding members of Canada Earthsave. These experiences have all bought me to this point, a place I never would have imagined entering. That is when I started my Raw journey in September 2002.

Living raw just makes so much sense. Since its beginning, I have been a Director of RawBC. It is so encouraging to see the definite positive momentum that has been created over the last year. Eight feature events, numerous new members, and the increasingly busy RawBC Forum, are a few of the milestones for 2008. I have really appreciated the openness and energy of the raw community as well as their support. It has been such an inspiration. This is a very exciting time, as the raw community ripens in its growth, to expand beyond itself, offering knowledge and understanding, to the numerous people looking for a healthier and more alive lifestyle throughout BC. There is much to offer. Potlucks, the RawBC website, talks, support groups, and other means of bringing the information and encouragement out into the community.

My intention and motivation is to continue to be an active part of this process. I appreciate the inspiration, support and aliveness that I have received from the many raw adherents that I have come to know in the Raw Family. May we share our energy and vitality.

Presentation Topic

Title: Eating Raw food

Clive's talk will be about the experience of Raw food, what impacts it has, it is a basic diet.... more on that closer to the event and on the event there will be time for quick questions and answers.

Clive will then mention that he is very pleased to welcome Vesanto in the audience, a MS, Registered Dietitian, researcher and absolute authority on Raw food. Clive will invite her on the stage Both will then answer questions from the audience.

DR. KATE RHÉAUME-BLEUE

Biography

Dr. Kate Rhéaume-Bleue graduated McMaster University with an honours B.Sc. in biology and completed her professional training at the Canadian College of Naturopathic Medicine in Toronto. She followed with a two-year residency during which she taught classes and supervised at various teaching clinics. As an educator, Kate regularly appears on television and radio teaching about many health topics. Dr. Rhéaume-Bleue is a Canadian expert in natural medicine and a contributing editor to several health-related publications.

Presentation Topic

Stress, Anxiety and Insomnia - Natural Solutions

Can't sleep? Feeling anxious? Join author, educator and Naturopathic Doctor Kate Rhéaume-Bleue to learn about natural ways to combat stress, ease anxiety and get a better night's sleep.

TAMARA STRIJACK

Biography

Tamara Strijack is a Registered Clinical Counsellor working on Vancouver Island. She has worked with children and adolescents in various roles over the last sixteen years - as mentor, counsellor, youth leader, program director, group facilitator - and is herself a mother of two young girls.

She also works as a parent and teacher consultant, helping adults make sense of the children in their care. Connection, relationship and attachment continue to be central themes in all of her roles, both personally and professionally. Tamara Strijack is also a faculty member of the Neufeld Institute.

As Dr. Gordon Neufeld's daughter, Tamara offers a unique inside view - bringing together her own experience and insight with her father's theoretical material.

Presentation Topic

Understanding the Roots of Anxiety

Anxiety is often present for children and adolescents experiencing learning and attention problems. Understanding the roots of anxiety helps us to make sense of the child's experience and informs how we respond as parents and caregivers. From a developmental perspective, the dynamics of alarm and attachment are inherent to anxiety and its related challenges. The body's alarm system can get stuck early on in a child's life, leading to high levels of anxiety, numbing of emotions, and a host of complications (sleep problems, learning difficulties, attention deficits, aggression, depression – to name a few). At the same time, attachment needs play a vital role in a child's experience of feeling safe and secure; without this sense of security, the child becomes alarmed and defended against anything that is too overwhelming. Once we have a better understanding of these dynamics, we have a better vision for how to get our child unstuck – how to free them up to learn, to grow, to quiet the alarm and find rest.

LORNA VANDERHAEGHE

Biography

Lorna Vanderhaeghe is a woman's health expert who has been researching the subject of nutritional medicine for over 25 years. When her daughter first developed eczema from head to toe, Lorna's journey began. After a year and a half of seeking help from conventional doctors who failed to discover a solution to her daughter's condition, Lorna knew she had to look elsewhere for an answer. For the first time, she visited a health food store where the owner suggested natural remedies including evening primrose oil, Lorna tried this simple treatment and it worked. Fascinated, she began to seek information about healing and nutrition.

Still today, Lorna is still pursuing and sharing knowledge about healthy living, and continues to research, write and lecture. She has a Master of Health Studies and a degree in Biochemistry. Her list of accomplishments include: working at the Journal of Orthomolecular Medicine; past editor-in-chief of *alive* magazine and *Healthy Living Guide*; and senior editor of the *Encyclopedia of Natural Healing* (winner of the prestigious Benjamin Franklin Award in 1998). She is currently an associate editor for *Total Health* magazine in the United States.

Lorna is the author of nine books including *Your 30 Day Heart Smart Solution*, *Sexy Hormones*, *The Body Sense Natural Diet*, *An A-Z Woman's Guide to Vibrant Health*, *Get A Grip on Arthritis and Other Inflammatory Disorders* as well as *Healthy Immunity*. Lorna is the co-author of *The Immune System Cure*, *No More HRT* and *Healthy Fats for Life*. She is also an internationally known lecturer who has been educating people on how to combine the best of mainstream medicine with scientifically-backed nutrients and diet changes to achieve optimal wellness. In 2009, Lorna won the Canadian Health Food Associations' most prestigious award, the Hall of Fame Award.

She has a monthly newsletter and her website – www.hormonehelp.com - has over 4,000 pages of helpful nutrition information

Presentation Topic

Everything You Need to Know About Your Hormones

Lorna Vanderhaeghe will unlock the secrets to how your hormones keep you young and slim and provide you with energy. Discover whether you need bioidentical hormones and how to them safely. Learn which foods and natural remedies can keep your hormones in check. At this lecture, Lorna will discuss:

- How important thyroid is to hormonal balance
- How to use bioidentical, natural hormones safely and effectively
- How stress contributes to weight gain
- What nutrients will help you sleep
- The secret to halting bladder incontinence forever
- How to shrink uterine fibroids and stop heavy periods
- How to stop hair loss

- The secret to beautiful skin and halting hormonal acne

Why you are so tired and how to get your energy back Once we have a better understanding of these dynamics, we have a better vision for how to get our child unstuck – how to free them up to learn, to grow, to quiet the alarm and find

DAVE FRIEND aka MR. ORGANIC

Biography

International... Educator, Food Security Expert, Public Speaker, Organic Consultant, Promoter of Organic and Environmental-Friendly Businesses and Causes.

Dave is the creator of MR. ORGANIC'S Educational Programs. The 'Programs were created to... Raise the awareness of the ever-increasing need to grow and produce local - 'within the community for the community' - health-friendly organic food.

Available and suitable for most age groups, the programs are predominantly focused on school students - from Kindergarten to University, they include...

Mr. Organic's Camps

Where all ages (but mainly school-age students) learn the principles, practices and procedures to grow and produce health-friendly 'organic' food....and they do so while having fun!

What Is Food, Where Does It Come From?

An interactive presentation for children from Kindergarten to 10 years

Food Security & Sustainability; We Are What We Eat

An interactive presentation for students aged 11 years and 12 years

Food Security – WHAT Security?

This pulls-no-punches interactive presentation, for 15 year olds through to adults, focuses on what would, could, should YOU do if (when?) the transportation bringing the imported food to YOUR community came to a grinding halt!

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CAROLYN HERRIOT

Biography

Carolyn Herriot is the author of **A Year On The Garden Path, a 52-Week Organic Gardening Guide** and her new book **The Zero Mile Diet – A Year-round Guide to Growing Great Organic Food**. Carolyn is an educator and regular columnist for GardenWise and CommonGround

magazines. After 20 years operating The Garden Path Nursery she now grows certified organic 'Seeds of Victoria' at The Garden Path in Victoria.

Presentation Topic

The Zero Mile Diet

The Zero Mile Diet is about securing food security in uncertain times, and taking the load off the planet by going back to the garden to grow more food. It is based on Carolyn's personal experience of achieving year round self-sufficiency in organic fruits and vegetables in 5-years at The Garden Path. It teaches sustainable methods of homegrown food production, including saving seeds, cooking and preserving the harvest.

HAZEL LOEWEN

Biography

Hazel Loewen is a psychotherapist with more than 20 years of experience in supporting people to make changes in their lives. She continues to be intensely interested in her clients' healing journeys and works to establish strong therapeutic relationships in which safety and risk co-exist in balance. The therapy process is different for everyone but in each case, Hazel helps her clients to face what is before them, explore the possible solutions and practice new ways of living.

Hazel has a private therapy practice in Sidney and Victoria. Her work encompasses a wide range of emotion and mental health concerns including relationship problems, grief and loss, childhood abuse, parenting concerns, depression and anxiety, alcohol/drug use, self esteem and life transitions. She also works part-time at BC Families in Transition, an agency that provides counselling services for individuals, couples and children going through family changes.

Hazel started her counselling career working in the areas of trauma, specifically relationship abuse and sexual violence. Over the years, her professional experience expanded to include parenting education, couple and family therapy, addictions counselling and mental health work. She has a Master's Degree in Counselling Psychology from the University of British Columbia (1995) and is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors.

Throughout her counselling career, Hazel has also developed her public speaking capacity in the areas of mental health, sexual violence and parenting. She has worked as a public education coordinator, writing and delivering educational workshops, presentations and seminars to professionals and community groups. Her ability to strongly connect with her audience makes for presentations that are not just informative but also consciousness-raising and inspiring.

Presentation Topic

Love Relationships: Creating a Heart Connection

Having a safe, supportive loving connection with a special person is not

just "nice if you can get it". A love relationship is a primary need. With it, we thrive; without it, we suffer. So how can we create love relationships that meet that need? This presentation will explore the nature of adult love. With new research in this area, we discover that love is not as mysterious and confusing as you may think. We will also examine what happens when love goes wrong. And there is nothing quite as painful as those repetitive patterns of blaming, hurt, anger and withdrawal. Finally, we will look at specific ways you can create a secure, emotionally responsive bond with your partner. "Happily ever after"? Why not?

KAREN MCCOY

Biography

Karen McCoy is a Personal Trainer, Certified Sports Nutrition Advisor (CSNA), Can-Fit-Pro Nutrition and Wellness Specialist, and Certified Bosu Instructor. She has sweated it out in gyms for over 25 years, winning bodybuilding contests in both BC and Alberta, including the Alberta Provincial Championships in 1992.

Several years ago, low energy and poor health forced Karen to look at alternative avenues to help her regain her health.

"I was in peak physical form, having trained my body diligently for years," recalls Karen. "But when I hit a rough patch in my personal life, the physical didn't save me. That's when I had to learn to attend to all aspects of myself, not just the physical. I had to go back to the basics and keep it simple."

It is this integrated approach she now teaches others, and which she believes is the only way to attain (and maintain) peak physical, emotional and spiritual health and well-being.

Karen's years of experience, coupled with her candid approach, makes her popular with clients. She also has a degree in journalism and writes articles on health and fitness for magazines, newspapers and the Internet.

Karen has also created a wellness retreat on beautiful Vancouver Island called Mystic Pines, which offers numerous courses and workshops throughout the year. (For a full listing, please visit Workshops and Seminars page).

Currently, Karen is working toward certification in several energy therapies including Healing Touch, for opening physical and emotional blocks and re-introducing body-mind harmony, and Bach Flower Essences for clearing and expanding the emotional and spiritual bodies.

Presentation Topic

The Myths of Healthy Eating

Do you think you eat well, but you're still nagged by excess weight or lack of energy? Is it really important to read labels? What's really on a label anyway? Is red meat bad? Should you cut

dairy? Is low-fat better? Are sweeteners ok? Are 'enriched' and 'fortified' foods better? What is 'nutritionism' and are we victims of it?

The myths of healthy eating - what's really going on in our foods, our stores and our bodies!
Food for thought!

RICK SILAS

Biography

I believe that it is the artist's role to push the edges of what is considered art. For if not the artist, who? I choose to use contemporary materials in my artwork as they best reflect today's world. My canvasses became tempered plate glass and my palette became liquid polymers and automotive enamels. When I started experimenting in the late seventies, I had no idea of the scope of what I was developing. My intention was to create my own art form, and at this I have been quite successful, having sold many hundreds of pieces over the last twenty years. I have also had several television spots done on me including The Discovery Channel's Daily Planet where I was filmed bending a piece of glass into a sculpture without heat. As well, I have had numerous published articles, local, national, and international, and many radio interviews

The techniques I developed for painting on glass are multi-dimensional in appearance and can be created on canvas or board, as well. My patented formula for bending glass without heat allows me to create large glass sculptures without the limitations faced when using heat. Most recently I have been concentrating on creating large indoor and outdoor glass installations.

I have many visions yet to create which I hope I can accomplish in this lifetime.
As well as teaching some of these techniques.

I reside with my wife and daughter and have a studio in Sidney, British Columbia Canada.

Presentation Topic

Get Out and Get Involved

As a professional artist for the past forty years I have learned the key to success is getting out of the studio and getting involved in the arts at all levels. I have built and run several studios and galleries and sat on many volunteer boards and foundations. Without exception every one of these experiences has had a direct effect on the success of my career. Almost all of my major commissions and accomplishments came from being in the right place at the right time.

One of my larger ventures was creating an art community called The Point Studios which my wife and I built and ran for ten years. The complex housed 50 artists. We provided studio and gallery space for mostly retired people who wanted to follow their muse now that they finally had the time to do so. I watched people flourish in their senior years by interacting with each other and getting a feeling of accomplishment from their work.

We are in the process of building a similar complex here on the Saanich Peninsula and are looking for the space to do this. This complex is designed to cater to the ever growing

retirement community on the South Island. As well, we are going to incorporate teaching the art glass technologies that I have developed including my patented process of bending glass without heat. It is my belief that healthy living and longevity are directly linked to activity and community involvement.