

40 Years of Natural Health in 2 Days!

16th Int. Natural Health & Foods Expo

Sat. Sept. 23 (10-8pm) & Sun. Sept. 24 (10-7pm) 2023

Sarasota Municipal Auditorium- 801 N. Tamiami Trail

Free Admission for VETS & First Responders!



BRIAN CLEMENT PH.D., L.N., Sat. Sept 23, 11a.m. “The Road to 100+” Co-Director of the globally renowned Hippocrates Wellness in West Palm Beach, Fl



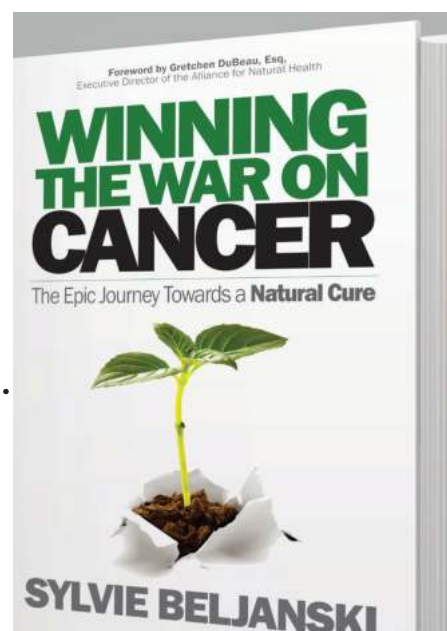
Andrew (“Andy”) Schectman-Sat Sept. 23rd, 2p.m.De-dollarization and the Role of Precious Metals.Andy has been a prominent figure in the financial services industry for 30 years, during which he has served as President and owner of Miles Franklin,



Author Sylvie

Beljanski, Sat Sept 23rd, 12:45p.m.

Author Winning the War on Cancer.. Journey Towards Natural Cure



- Portable Relax Sauna Feel Rejuvenated-
 - Vitamin Shoppe Free samples
 - Ancient Cooking Method Vita Clay
 - Heath Blends Sample chef made natural seasonings
 - Arles USA Sample special S. American oil for skin issues
 - Delicious Indian Foods from Turmeric Cafe
 - Updates, exhibitor info
- www.healthyreferral.com

VETS and First Responders are receiving complementary tickets. Suggestions and Questions contact Marchia radio host, Co-pub, cofounder expo, speaker Sound & Healing **216-533-2273** “Sub. to change 8-5-23.



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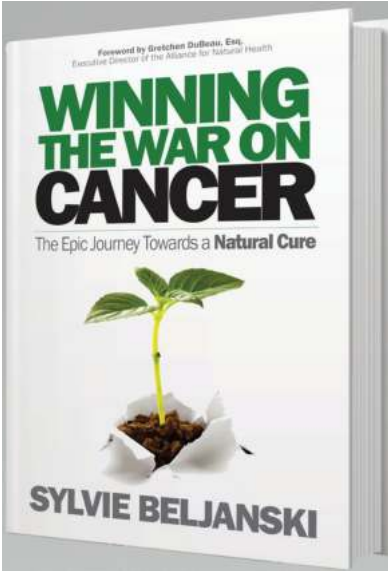
rollingout

Speakers Schedule Sat. Sept. 23rd

11a.m. “The Road to 100+” Optimal Life means Optimal Choices-look to a bright future of energy and health deep into the early & latter years! **BRIAN CLEMENT PH.D., L.N.** He is the Co-Director of the globally renowned Hippocrates Wellness in West Palm Beach, Florida, the world’s foremost complementary residential health center. Their findings have provided the basis for Hippocrates’ progressive, state-of-the-art treatments and protocols for health maintenance and recovery – the Life Transformation Program.



12:45pm Winning the War On Cancer



Sylvie Beljanski, a French lawyer by trade, is the Founder and Vice President of The Beljanski Foundation, whose mission is to research natural approaches to cancer. She is also the CEO of Maison Beljanski, an international dietary supplement company and has opened under the same name, a tearoom, store and education-oriented



townhouse in the heart of New York City. Ms. Beljanski is the award-winning

2:30pm Andrew (“Andy”) Schectman-Topic: De-dollarization and the Role of Precious Metals.

Andy has been a prominent figure in the financial services industry for 30 years, during which he has served as President and owner of Miles Franklin, Precious Metals, Ltd. . At Miles Franklin Ltd., a company that has recently eclipsed \$8 billion in sales, **(To Order Precious Metals call 952-582-6302 Say you were referred by Healthy Referral)**



4 pm How AI-Tech guided Self Care Can help You Reboot Your Physical & Mental Performance! - by Thomas Bige MD TOPICS May Include

- The benefits of using AI-Technologies based on forefathers’ wisdom and modern science in person-specific healthcare.
- The importance of Proactive Self-Care Education.
- How to protect your most important Assets - Your Health.
- The REBOOT Business Package for Professionals.

CREDENTIALS Dr. Bige has been managing IAM (Integrated Alternative Medicine) practices in Australia for the last 27 years,

Practicing and teaching health care modalities for 40+ years. Co-founder of DH Wellness Group LLC and REBOOT Self Care Center,

- Registered 2020 in FL. USA.
- EDUCATION: Doctor of Emergency Medicine/Doctor of General Medicine/Specialist Examination - •Doctor of Surgery, College Diploma in Herbal Studies & Naturopathy in Hungary, •Post Graduate Certification in Traditional Chinese Medicine (TCM) in China and •Ayurvedic Medicine in India, Diploma in Clinical Hypnotherapy in Australia, Advanced Diploma in Natural Science (Naturopathy) in Australia and he is an Approved International Training Provider -
- IICT and Senior Research Fellow in Naturopathy - Australia.



- **Location: REBOOT Self-Care Center**
DH Wellness Group LLC
3101 SW College Rd. STE 201-204
OCALA FL 34474 USA
(352) 820-3151
www.REBOOTSELF CARE.com
Position: Co-Founder, Director of Education
and Business Development
Contact: Dr.T@rebootselfcare.com
(352)581-1371



5:30pm Far Infrared Sauna Therapy is Light Therapy with Phillip Wilson

I’ve been sweating in far infrared saunas for the past 8 years. Before moving out to the country with cleaner air and lots of pine trees I could feel my lungs getting taxed from all of the car exhaust and hydration-robbing pollutants. A big part of my strategy was to drink and bathe in clean water and sweat regularly in a far infrared sauna. The idea is to keep the water in my body charged and structured so that I can resist non-native EMF and everything else that’s we’re exposed to.

Phillip Wilson has been selling the Relax saunas for over twelve years. The entire tent acts a mirror to reflect the 95-98% pure far infrared light, or heat, that is generated. This results in a faster and more effective sweat, and a better activation of the parasympathetic nervous system.



Sunday, Sept 24th,

11:15am “Sound Meditation Experience ...Hands On” using my Quartz Crystal Singing bowl,, Steel Tongue Drum, Crystal Tuning Fork, my Amazing 5’ rainstick & much more!!

Many have watched & listened to these Amazing sounds, however, have never experienced their hands on connection for themselves...until Now!! Join me for a Time ro BE Remembered!!! Come as you are!!

Marchia Carnicelli Minor

- *Co-Producer of the 16th Int’l Natural Health & Foods Expo
- *Co-publisher of the Nationwide Health Referral Newspaper since 1989
- /*Host of Mind Your Body and Spirit radio show as well as the Author of The Ocean’s Many Faces avail on Amazon/ Kindle
- *Wholistic Health Coach/Practitioner
- *Lover of Life
- *Mother of three Awesome SOMEHOW Very grown children & GRANDmother of 4 3/4 GRAND children□ Would love to be of help along your journey!!



1pm “Recovery”



What is possible in this new world of High - Tech options in Health? Learn from 2 leading experts in the field of Natural Wellness and Nutrition for over 50 years! image.pngOur Keynote Brian Clement, PhD, LN with a special opening by Anna Maria Clement PhD, LN. Two well known world leaders in Natural Health.



*A Special Meeting and Book Signing at the Hippocrates

Wellness Booth immediately following each Keynote Lecture. Stop by the Booth to purchase Brian & Anna’s Newest Editions to the authored Collection of over 30 books!

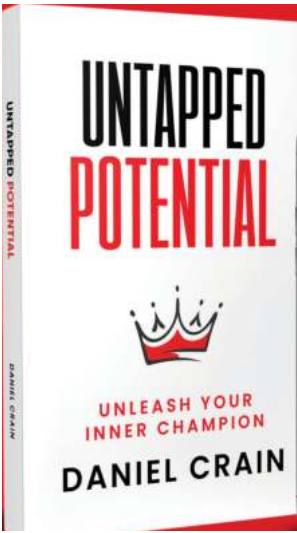
2:45 pm Integrating Shifts: Assessing and healing our workforce from within Barb Picciano Barb Picciano, MSN, RN, HN-BC, CCA CEO/FounderIntegrated Success Solutions LLC

Moving forward we are observing, assessing and creating a response to the stressors of the last few years as a community. In professions such as health-care, the service industry and more we have shifted our workplace types, approaches to customer care and reorganized structure. With all this change it is shifting how we live and work a whole life balanced. This presentation examines where we are and opens the conversation to how we can shift the new normal in the workplace to meet our needs by facilitating self assessment, leadership driven approaches and prioritizing our teams.



4:15pm Daniel Crain Unleash Your Inner

Champion Do you ever feel stuck in a rut? Do you sense a lingering feeling of unful-



filled potential deep within you, yearning for expression? Are you tired of merely surviving and yearning to truly thrive? If you answered ‘yes’ to any of these questions, “Untapped Potential: Unleash Your Inner Champion” is the book you’ve been waiting for.

Don’t wait another day to start becoming the person you were always meant to be. Step into your power. Unleash your potential. Become your own champion. Order your copy of “Untapped Potential: Unleash Your Inner Champion” today.

Uncover the extraordinary person you are destined to be. The journey of a lifetime awaits you. www.danielcrain.com



Sample of Exhibitors

Full Life Natural Health

Our products are formulated with ethically sourced raw materials. Natural supplements can boost your strength, fortify your immune system and lead to a healthier lifestyle, and **many of our supplements are Dairy-free, Nut-free, Organic, non-GMO, Gluten-free and kosher-certified. Free samples available at our booth.** Thank you, and have a great and restful weekend!

Elsa Gonzalez Sales Director Cell 305 733 4491
elsa@fulllifeusa.com **Full Life Natural Health Products**
Ph 954 889 4019 Distribution Center info@fulllifeusa.com



VITACLAY

Introducing the Smart Organic Multicooker – where timeless traditions meet modern innovation, all within the embrace of a healthy living lifestyle. **This culinary marvel redefines cooking, letting you relish centuries-old flavors with today's ease, while nourishing your body.**

An award-winning gem, it's the ultimate flavor booster, fusing crockpot and pressure cooking for mess-free, delectable results that align with your wellness goals.

From succulent chicken to fragrant curries, this Multicooker does it all. The magic? An ancient slow-cooking clay pot paired with precise temperature control that preserves nutrients and enhances taste, offering both flavor and wholesome nutrition.

No more excess oils – this Multicooker keeps dishes tender and juicy. Its clay construction adds an alkaline balance, elevating health benefits and contributing to your vitality. Plus, it simplifies life, allowing cooking, serving, and storing in one pot, reducing hassle and promoting mindful consumption.

Experience the Smart Organic Multicooker: where tradition meets innovation, flavors amplify, and cooking simplifies in harmony with your healthy lifestyle. **It's not just a cooker; it's a gateway to exceptional taste, ease, and a wellbeing-centered kitchen transformation.** www.vitaclaychef.com



See ad p 7



Meet Co Director Brian Clement PhD, LN Speaking with his wife Co Director Anna



MISSION STATEMENT
Countless Americans suffer from disorders that

leave them with very few treatment options. The goal of our medical facility is to offer alternative stem cell therapy for chronic diseases and conditions that are not available in the U.S. Our Mission is to restore your health with the most advanced, non-surgical treatments known to mankind, so you can get back to living your life again.



16th Int. Natural Health & Foods Expo Sept 23-24, 2023 Program Guide
from www.healthyreferral.com p. 3

Sarasota Contemporary Dance (SCD) is a dance company that brings cutting-edge dance performance, education and innovative collaboration of the highest caliber to Sarasota.



SCD is exhibiting at the 16th International Natural Health and Foods Expo, Sept. 23rd 10-8pm. And Sept 24th 10-7pm, Sarasota Municipal Auditorium.

Invest in your health “naturally” with speakers and exhibitors covering plant based life, recovering from injuries and inflammatory issues, how a portable sauna mimics sunlight energy and assist in healing, free samples from Vitamin Shoppe, fitness training tips, plus author Sylvie Beljanski and her book Winning the War on Cancer based on her father's work Dr Beljanski who studied natural solutions for cancer. www.healthyreferral.com for updates.

Now in its 18th season, SCD shares its home studio with the community through a multitude of offerings year-round, including 16+ ongoing movement classes of varying styles and levels, three pre-professional summer dance intensives, winter/spring workshops and is the home to Sarasota Contemporary Dance Ensemble (SCDE), a training company for aspiring dancers.



SCD provides “Dance for Joy” a community class that invites movers of all ages and experiences to warm the body up from the inside out accompanied by live drumming. Dance for Joy is done Seated in a circle with the lead instructor center. Transitioning into standing for balance and stability work as well as choreography that can be modified to stay seated.

Through guided movement exercises, creative play, and exploring the relationship of rhythm and movement, this class activates your inner joy and builds community. This class structure is similar to what Sarasota Contemporary Dance offers at Parkinson Place for All Movement Disorders and Assisted Living Facilities in our area.

SCDs 2023-2024 season will showcase 4 Main Stage performances, 15+ In-Studio showings, where varying artists present a work-in-progress or a finished work that culminates in a live audience and Q&A, with the featured artists. Photographer Sorcha Augustine! To inquire about classes and performances **Contact SCD! Email: Info@sarasotacontemporarydance.org Call: (941)-260-8485**



Barb Picciano
MSN, HN-BC, CCA

☎ 440-655-4687
✉ Barb.Picciano.Solutions@gmail.com
🌐 www.Integrated-Success-Solutions.com
📍 4041 Casa Grande Court
St. Augustine FL

Heath Blends Natural Seasoning Full Life Natural Health



Arles Jaime Rojas US Division 785-407-7269

Sample of Exhibitors



Freedom

By Artist Aaraman Alvin Fudge

Alvin attended Arts High School in Newark, New Jersey. At 21 years of age Alvin Fudge became a junior partner of Mid Block Art Gallery, the first black art gallery established in 1966, in East Orange, New Jersey. Fellow artists included; Florian Jenkins and Barbara Fudge-Jenkins.

www.babarasart.com



- Momentum Solar NJ
- Fairman Health Sea Moss Gummies
- BEMER Group Ocala FL
- Learn Euphoria, St Petersburg FL

turmeric
Indian Bar & Grill



Sarasota, FL



Alina

A Shark Tank
business founder of

the “Healthy Lollipop..called ZolliPops Get FREE Admission, \$10 value, to 16th Int’l, Natural Health & Foods Expo, Sept 23-24, Sarasota Municipal Auditorium when you show a ZolliPops or Zaffi Taffy Proof of Purchase.

Zolli Candy are great-tasting, Zero Sugar, allergy-friendly, gluten-free, diabetic friendly, KETO, vegan, made with natural flavors & no artificial colors candy.

Zolli is candy everyone can enjoy! Created by Teenpreneur, Alina Morse, ZolliPops have been featured on Dr. Oz, Shark Tank, Steve Harvey, CNN & listed by Fortune as America’s Most Innovative Food Company in 2023. ZolliPops are available at Whole Foods Markets, RiteAid, Dollar General & select Walmart stores.

Or buy Zolli Candy online at Amazon, Walmart, iherb or at www.Zollicandy.com Contact sales@zolliPops.com for more information and mention Healthy Referral Newspaper.



www.tessiestedea.com



HEALTH BENEFITS

Tessie's Teas makes no claim to cure, treat or prevent any disease.

Ginger Benefits
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Digestive Aid
Antioxidant, Nausea & vomiting, Gut Health, Bloating, Aids Fungal Infection, and more



Date Benefits
Minerals, Vitamins, Potassium, Zinc, Vitamin C, boost immune system, beta carotene and more



Mint Benefits
Respiratory Issues, Sinus Relief, Weight loss, Aids Digestion, Skin Remedy, Stress and Sleep Aid, Cold & Flu Aid and more



Tessie's Teas Natural Ingredients. That's It

We wanted to be able to have the same great taste, quality and benefits of premium brewed herbal teas, without the wait or additives. That's why we made our teas with natural ingredients like Ginger Root, Peppermint, and Honey. That's it. That means that each cup of incredible hot or iced tea has no fillers, additives or additional flavoring, and are GMO free. **Visit our booth.**
<https://tessiestedea.com/>



ANGEL HANDS PHYSICAL THERAPY IN SARASOTA...A UNIQUE APPROACH TO BETTER HEALTH

Welcome to Angel Hands Physical Therapy, a privately-owned office with the owner and sole practitioner Danielle Jacobson in photo above.. We are located at 7029 South Tamiami Trail, Suite A, Sarasota, FL 34231.

Here at Angel Hands we offer treatments for many symptoms, using various manual techniques and methods such as fluidotherapy, infrared therapy, micropoint simulation, and spinal decompression.

From Medical News Today

Physical therapy (PT) can help manage movement and reduce pain in people with neurological diseases, those who have had a traumatic injury, and other conditions. Trained professionals evaluate and take measures to enhance a person's physical function.

According to the American Physical Therapy Association (APTA), physical therapists are trained and licensed movement experts. They can diagnose and treat a range of injuries, disabilities, and health conditions.

Physical therapists aim to improve a person's range of movement and quality of life and prevent further injury or disability.

Katrina Meyer recommends Angel Hands Physical Therapy.

After more than a year and a half of sleeplessness, intense pain and life-altering debilitation in both hands, I finally got a referral from my doctor for physical therapy. Medical doctors promoting pills and surgeries before trying PT is one of my pet peeves!

My chiropractor told me about Danielle, saying she's the best whose results in patients he's seen in his 25+year practice.

He was right! My sleep has improved, the neuropathy in my hands from nerve damage in my neck is only an infrequent issue and my mobility is significantly better. I feel 10 years younger and as positive and powerful as I did in my 40s (I'm 70). Danielle is an angel!

We also offer massage therapy. The treatment model, experience, dedication, and passion will deliver one-on-one quality care!
www.angelhandspt.com Please call us to schedule a FREE consultation at (941) 924-8000.



Florida Tennis, which was the official publication of USTA Florida for 15 years beginning in 1993, covers all aspects of the sport from amateurs to the pro tours. A winner of the U.S. Tennis Association's National Media Excellence Award, Florida Tennis is published bi-monthly with a readership of over 20,000. The publication also has

a targeted complementary distribution to more than 500 clubs, parks, resorts, academies and pro shops statewide in addition to paid subscribers nationwide. **Matt Pressman Publisher and Executive Editor 561-212-2933 Florida Tennis <https://floridatennis.com/>**



Today's Restaurant News www.trnusa.com

From grandfather's recipe to store shelves Made with Chunks of Real Fruit & Apple Cider

—No Sugar Added Everyone has a favorite food. For Ethan Holmes, that was applesauce. Simple. Sweet. Tart. And yet it was this humble food that became the foundation of an empire.

Ethan HolmesEver since he was 15, Ethan dreamed of revolutionizing the applesauce market. Now, at 27, Ethan has achieved that dream. Holmes Mouthwatering Applesauce has slid across the shelves of more than 300 stores across the Midwest and onto the tables of thousands of homes. How did he do it?



First, Ethan doesn't rely on artificial preservatives. Every 100 gallons of applesauce is created from 600 pounds of fresh apples from the orchards of Cleveland. When his company was first taking root, Ethan used to drive four hours to a Mennonite community in Kentucky for his supplies. The difference shows. Holmes Mouthwatering Applesauce uses fresh fruit, apple cider, and no sugar, giving every packet a fresh, fruity taste.

Elevate your fitness journey and achieve your health goals like never before.

Say goodbye to crowded gyms, rigid schedules, and one-size-fits-all workouts.

With **GYMGUYZ**, we bring the gym right to your doorstep! Our team of certified fitness coaches is dedicated to crafting personalized workout programs tailored exclusively to your needs and preferences.



Whether you're a fitness enthusiast or just starting your wellness journey, **GYMGUYZ** has you covered! From strength training and cardio to specialized sports training, our extensive range of workout options guarantees you'll find the perfect fit.

We bring top-notch equipment, knowledge, and motivation straight to your home, office, or even your favorite park. We meet you where you are!

Get real progress and tangible results with our highly skilled trainers who empower and challenge you to surpass your limits. **GYMGUYZ** is all about sustainable fitness transformations that last a lifetime! Experience the **GYMGUYZ** difference.

Take the first step towards a healthier, stronger, and more confident you. **Call us now to book your FREE fitness assessment at 813-807-5255 or visit our website at www.gymguyz.com/central-tampa/** to learn more and let's embark on this exhilarating fitness journey together!

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Sarasota, FL 34239



as recently admitted by the National Institutes of Health (NIH), which funded the actual “gain of function” (biological warfare) research in Wuhan that created COVID-19.[3] NIH’s admission directly contradicts the congressional testimony of Dr. Anthony Fauci, who called U.S. Senator Rand Paul (R-KY) a “liar” for having said that Fauci was lying. In fact, Senator Paul was correct, Fauci did (and does) lie and let people die.

Lie #3: Asymptomatic People Spread COVID-19. In 2020, the story was spread by government officials and “experts” that asymptomatic individuals with COVID-19 could spread the virus to others. This disinformation spread yet more fear among the population and supported calls for “lockdowns.” Yet, this lie had no basis and was soon disproven.[4]

CONT. <https://thenhf.com/trick-or-treat/>

Ask about being a Healthy Referral Ambassador: looking for contributors, sales referrals, expo assistance, research. marchi-acm@yahoo.com and healthyreferral@gmail.com / 216-533-2273

Why the Government Keeps Trying to Trick Us By Scott C. Tips, NHF President

www.thenhf.com the Oldest Health || Freedom Organization in the World

COVID-19 Trickery (above prior covers of NHF Magazine)“Lie #1: Millions Will Die. In the Winter 2019 issue of Health Freedom News, NHF was one of the first to publicly break the story of the COVID-19 scam with an article by Bill Sardi showing that the risk of dying from COVID-19 was extremely small, even if one were in the so-called “high risk” age bracket. Despite the low risk, both the mainstream media and the government were propagating the tale that “millions” would die from this novel and “deadly” coronavirus. That was a flat-out lie and they knew it.

“Lie #2: COVID-19 Arose From Nature. As all may recall, in early 2020, when COVID-19 first came to our consciousness, government officials put forth the story that this coronavirus had sprung forth from Chinese who had bought bats at an outdoor market and then cooked and eaten them. This was a blatant lie; and one that we all know now is far different from the true story,

Financial Health

Why Buy Precious Metals?

•Gold and other precious metals serve to balance and protect any portfolio. •They provide a safe haven in times of uncertainty but have always been and will always be the ultimate store of immutable wealth.

6 Reasons Why You Need Precious Metals in Your Portfolio for more information.

•**Gold bullion is extremely portable** and is liquid just about anywhere in the world. Ask us about traveling with gold. Universal acceptance as money Gold will always have value. Unlike fiat currencies, created by governments, gold bullion cannot default or go bankrupt.

•**Gold is the only form of money** that has survived for over 5,000 years.

•**Portfolio Diversification** Gold is historically uncorrelated to stocks, bonds, and other financial instruments.

•**Privacy in a world of decreasing privacy** Gold is an anonymous store of wealth. No one will know how much wealth you have hidden away.

•**A safe haven asset** In times of turmoil and uncertainty in the financial markets and around the world, gold is a popular safe-haven asset to hold.

•**No counter-party risk** Gold is one of only a few assets in the world that is not simultaneously someone else's liability.

Miles Franklin is a Leader in the Precious Metals Industry, Over \$9 Billion Sold From

direct purchases of precious metal coins and bars to Precious Metal IRAs. Our team can help make your gold and silver investment easy, seamless, and secure.

Miles Franklin is anything but an ordinary gold and silver coin company. Our approach provides a creative strategy for diversifying one's assets with precious metals.

This strategy has been yielding positive results for clients nationwide since 1989.

Miles Franklin was founded by David and **Andrew Schectman**. Our vision was to offer a wide variety of bullion and numismatic products, extensive broker expertise, and fair pricing.

Unlike traditional coin dealers, Miles Franklin is both a full service company and a low overhead discount broker. We believe that fair pricing plus extensive client education and support can and should exist hand-in-hand.

Order Precious Metals call 952-582-6302 Say you were referred by Healthy Referral



The Oceans Many Faces

While walking the beaches of the FL Gulf Coast, when I started to look more closely at the shells, I noticed faces. And everytime I looked I saw a different expression and was amazed at nature's designs.

Each shell seemed to have it's own personality and speak to my inner being and soul. Each shell seemed to be talking to me and telling a different story.

What will you see with each shell talking to you. Namaste Marchia copub. www.healthyreferral.com and Host MInd Your Body and Spirit Radio Show Est 1989. **Order on Amazon kindle. Hard copy venmo \$10 to healthyreferral@gmail.com and include your ship to address. Have Marchia speak to your group write to marchiacm@yahoo.com 216-533-2273**



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by Attorney Tom Renz Dr. Sherri Tenpenny: Show Me the Health Freedom Doctor & the Medical Board will Show You the Crime *The Ohio Medical Board has suspended the license of Dr. Sherri Tenpenny without even a pretense of due process on a procedural issue unrelated to patient care but stemming from a desire to censor her opinions on COVID and the vaccines.*



Rather than working to protect Sherri's rights, the state's attorney representing the REPUBLICAN Ohio Attorney General David Yost incredibly claimed in an open hearing, "If we were to take Mr. Renz up on his procedural suggestions [that the Board properly afford Tenpenny her due process rights], what would happen is a complete breakdown of the process of investigations.

Apparently, the Assistant AG for Ohio isn't aware that the reason for due process to ensure justice actually occurs. Ohio needs legislative reform & the Ohio AG & Governor should explain whether these tactics reflect their beliefs - that due process is really an inconvenience.

We are also calling on the REPUBLICAN Governor & legislature for the state of Ohio to immediately consider passing legislation to clarify that licensed professionals MUST be afforded ALL due process rights. Note: this is a call for political action and is absolutely about political speech. In light of the fact that this stems from the Board's attempt to censor the Doctor, that seems relevant.

Subscribe to my locals channel @TomRenz.Locals.com for full access to The Tom Renz Show!

Please support us at www.TomRenz.com and become a Renz Warrior at www.RenzWarrior.com and if you've been injured by these jabs and need disability please go to www.Renz-Law.com & let us know or call 1-877-736-9773.

Bringing Nature's Goodness to Humanity! Story of Drink Zyn

Utilized for thousands of years and researched extensively in modern times, studies have shown Turmeric is one of the most potent natural anti-inflammatory foods around. This is thanks to its bio-active ingredient, CURCUMIN, which gives Turmeric its signature bright yellow appearance. CURCUMIN is an incredible compound, and when combined with Piperine from black pepper, it takes its anti-inflammatory effects to the next level as now your body can absorb the CURCUMIN. www.drinkzyn.com/HR Call to order direct bulk by the case or pallet 216-533-2273



Mindful Nourishment by

Marchia Carnicelli Minor, radio host Mind Your Body and Spirit and copub Healthy Referral Newspaper.

Learning who we are is one of the most precious Gifts we can give ourselves!

Inspiring ideas for your Mental, Physical & Spiritual Well-Being such as foods etc. A Gift that only we can open! In a world that has so many mixed messages to BE, to Think, to Look like someone else there is no doubt as to why so many women, & men also can think so lowly of self that they find themselves trapped in a vicious cycle of ups and downs where the Downs outnumber the ups.

Then add on top of that the mired of things such as poor relationship experiences, family issues, certain type of religious beliefs, competition of many sorts we can see how low self esteem may find its way into our young people's lives in the form of eating disorders such as Anorexia.

How do I know this? Because I myself walked through the opportunity of making a choice ! A choice to care enough for myself. To reach down deep inside & reconnect Spiritually. A time when my Inner Voice said "STOP! Stop comparing yourself to others & falling short! Start recognizing & expressing YOUR gifts & talents.

There is only one of you & you are as unique as each & every other person on the planet." I began to fall in love with myself...The Greatest Love of All! The Reservoir from which all others flow! That connection to the Divine! Are you ready to be YOU? Are you ready to BE Your own Beautiful? Join me!

Contact Marchia for a Mindful Nourishment Consult to help you with new ways to look and enhance your: -Mind -Body -Spirit

Marchia is also a Reiki Master & a CMP (Certified Massage Practitioner) If you are interested in having Marchia perform "Dance of Spirit" at your church/center/gathering etc and or facilitate her workshop ~

Ms. Minor's radio guests have included: Dr Christopher Hills, Ram Dass, Mladen Golubic, M.D., Ph.D. Cleveland Clinic, Actor Dennis Weaver, Patch Adams, M.D., Arun Gandhi, Gandhi's

Marchia has also provided talks on a Vegetarian Diet to Seventh Day Adventist Churches and is versed on such superfoods as the spirulina grown by the pioneer Dr Christopher Hills and continues at www.healthyref.newphoenixrising.com called Biolumina Spirulina

*Sound for healing & rebalancing using the Quartz Crystal singing bowl & other Healing sounds. *Meditation for Stress Relief

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This in turn reduces the impact of electromagnetic waves and its adverse effect on it user's health. Bulk orders and custom orders with branding contact healthyreferral@gmail.com or 216-533-2273

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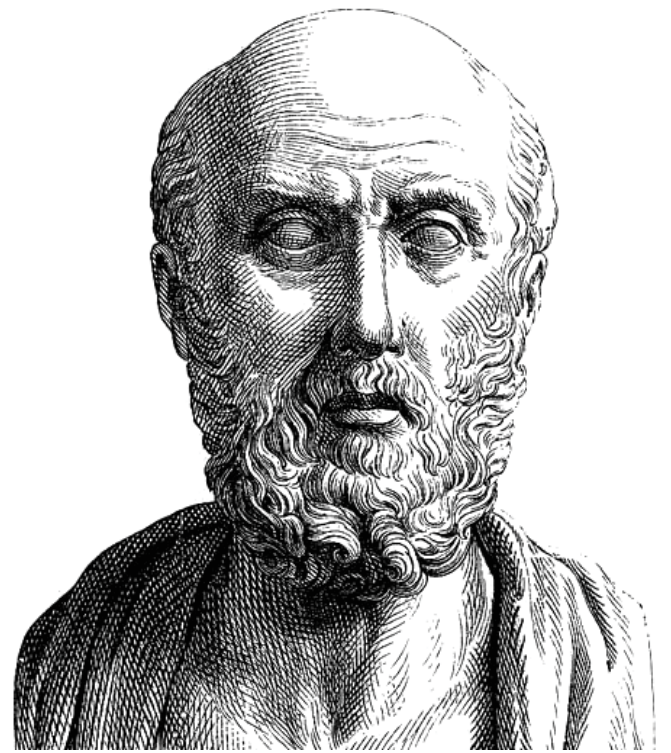
**“Find me a way to
create fever and
sweat, and I will cure
disease.”**

~ Hippocrates

Increasing Core Temperature

- Mobilizes Lymphatic and Immune Systems
- Increases Circulation and Micro-circulation
- Oxygenates Cells, Giving Greater Absorption
- Activates Parasympathetic Nervous System
- Helps Mitochondria Create ATP + Nitric Oxide
- Relax Sauna increases body temperature significantly more than any other sauna
- The best detox comes from sweat

One of the quickest and most convenient ways to sweat is by using the Relax Sauna!



Break Through in Portable Healing Saunas! Far InfraRed Sauna Heats Up in Minutes! Portable – Convenient – Safe – Durable



The Advanced Breakthrough in technology that took 10 years to discover by a team of scientists is unparalleled and unmatched. The Relax Sauna company has received many awards and honors for its creation of the Relax Sauna semi-conductor chips.

These chips generate over 95% pure far infrared light, unheard of in the infrared Sauna industry, thus creating a special Unique “Hot Springs – chi Energy” effect that one does not feel in any other sauna ! (most infrared saunas generate between 18 – 50% far infrared

energy using the technologies that they have purchased or developed, either from carbon panels, ceramic generators, or a combination of both).

Relax Far Infrared Healing Light Sauna have shown great results with:

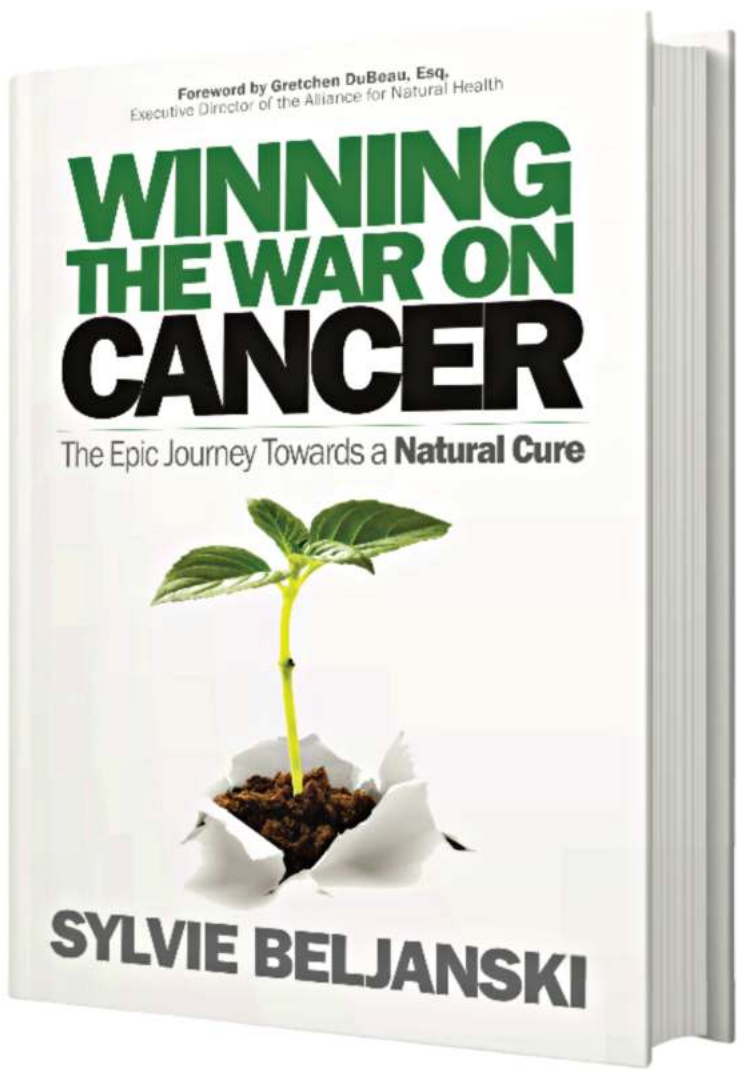
1. REDUCED MUSCLE SPASMS, PAIN AND INFLAMMATION
2. DETOXIFIED BODY
3. CREATE A HEALTHIER, HAPPIER YOU - INCREASED LONGEVITY (ACTIVATES FOX 03 GENE)
4. INCREASING NITRIC OXIDE AND OXYGEN RICH BLOOD FLOW
- EXPULSION OF METABOLIC WASTES (LACTIC ACID AND HEAVY METALS)
5. INCREASING HUMAN GROWTH HORMONE
6. BOOSTING THE IMMUNE SYSTEM TO HELP FIGHT BACTERIA



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on “Winning The War On Cancer”
Come and meet her at Maison Beljanski's booth

Saturday
September 23rd
at 12:45 PM



A breakthrough book
“Winning The War On
Cancer: The Epic Journey
Towards A Natural Cure”,
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A must-read book to
enjoy and share if you
know anyone with
cancer.

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GRETCHEN DUBEAU, ESQ., EXECUTIVE DIRECTOR
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WORKING TO CURE CANCER THE NATURAL WAY

100% of the author's proceeds from "Winning The War On Cancer" will be
donated to The Beljanski Foundation, a 501(c)(3) non-profit organization, to
help fund research to cure cancer the natural way.

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