

# ExpoSpotlight

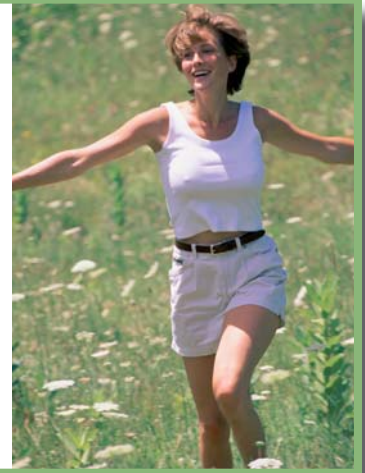


The 3rd Annual  
Michigan Healthy Living  
**Spring Into Health**  
Natural Health & Sustainability Expo

Saturday, March 6th, 2010

**10 a.m. until 5 p.m.**

Genesys Conference & Banquet Center  
805 Health Park Blvd • Grand Blanc, MI



## FREE ADMISSION • FREE PARKING

### How to get there:

The Genesys Conference & Banquet Center is located just off I-75 at Holly Road, Exit 108, just minutes from US-23 and I-475. *Next/attached to the Genesys Athletic Club.*

[MHLExpo.com](http://MHLExpo.com)

### What you can see:

• Over 10,000 square feet of practitioners, exhibitors, demonstrations, displays, product samples and more.

• Speakers will begin promptly at 11 am and continue throughout the day. *See speaker info to the right.*

- Physical therapy
- Health scans
- Natural and healthy footwear and clothing
- Amethyst Bio-mat
- Chair and hand massages
- Chiropractic (various modes)
- Ion Cleanse
- Foot Detox
- Myo Vision screenings
- Nutritional assessments
- Herbal information
- Anti-aging
- Aromatherapy
- Yoga & meditation
- Tupperware
- Purified water
- Pain management
- Acupuncture & Chinese Medicine
- ADD/ADHD treatment options
- Thyroid treatment
- Holistic dentistry
- Himalyan Salt Crystal lamps
- Vegan / Vegetarian
- Colon therapy
- Organic lawn care
- Herbal based body slimming
- Gano healthy coffee
- Nutrition Response Testing
- *And much more as registrations continue!*

*It's all about learning new and exciting ways to live a healthier, more sustainable and earth-friendly lifestyle...naturally!*

## Exhibitor Categories and Themes:

**Note: only includes those registered as of February 18th.**

*Categories and themes may include a variety of different modalities, brands/products and services with multiple exhibitors in that category.*

- Chakra related health
- Healthy/organic food samples
- Natural spa, bath and body
- Omega 3/anti-oxidants
- Fitness and Health centers
- Organic flower essences
- Essential Oils
- Weight loss
- Nutritional products & supplements
- Solar hot water, electric & insulating products
- Organic hair care and natural services
- Natural / green cleaning products

# Expo Speakers and Times:

11:00 am

## Chinese Medicine: A Gateway to Better Health

**Jeffrey Remer, Dipl. OM.**

Various locations in Michigan

Jeffrey Remer is a graduate of the American College of Acupuncture and Oriental Medicine, where he obtained his Master's degree.

While most people try acupuncture for pain symptoms, acupuncture has been shown in research to help woman conceive who had been previously unable, it can help people lose weight, quit smoking, and help with the symptoms of pregnancy. See the *Acupuncture & Herbal Clinic* ad on page 29.



12:10 pm

## Why Do I Keep Having Thyroid Problems in Spite of Treatment?

**Megan Strauchman, DO**

Natural Wellness & Pain Relief Centers  
Grand Blanc, MI

Dr. Strauchman is the medical director of Natural Wellness and Pain Relief Centers of MI in Grand Blanc. She practices Functional and Anti-aging Medicine, a form of preventive medicine. Much of her practice is dedicated to hormone replacement with the use of bio-identical hormones. She is fellowship trained by the American Academy of Anti-aging Medicine. In her spare time, Dr. Strauchman likes to travel, read, golf, and spend time with her son and husband. See her ad on page 15.



1:20 pm

## ADD/ADHD and Autism: An Alternative Perspective

**Dr. Mark Morningstar**

Natural Wellness & Pain Relief Centers  
Grand Blanc, MI

Dr. Morningstar graduated from Palmer College of Chiropractic in June of 2002. He was published in a medical research journal as a student, ultimately earning a spot in the chiropractic research honor society. He is the youngest doctor ever inducted into the Royal College of Chiropractic Medicine, and currently serves as the Director of Research for the Pettibon Institute, a company dedicated to the advancement of non-surgical spine and posture rehabilitation. See his ad on page 17.



Meet and talk with the speakers at their exhibits before and after their scheduled times!

2:30 pm

## How Hidden Toxins Affect Your Health and Behavior

**Stacey Kimbrell**

Living Anointed  
Flint, MI

National speaker and author of the book *Living Balanced* on healing your body naturally through whole food nutrition and eliminating your diet of toxic chemicals.

As a Natural Health Advocate, sought after lecturer and author, Stacey challenges others to become their own health advocates by taking control of what they ingest, inhale and allow to be absorbed into their body. See her ad below.



3:40 pm

## Holistic Dentistry: How Your Bite Affects Your Body; Safe Dental Materials, 5 Minute Home Care and more

**Dr. David W. Regiani, DDS, PC**

Ortonville, MI

Dr. Regiani has a BS: Biology, University of Detroit, 1972; graduate work in immunology, 1973 DDS: University of Detroit Dental School, 1978. Continuing Education: Completes over 100 hours annually, over 5 times the amount required per year; courses include: Materials, Adhesion, Occlusion, Periodontics, Costmetics, Homeopathy, Ozone Therapy, Sleep Apnea and Nutrition. See his ad on page 11.

