

CELEBRATING 25 YEARS WELLNESS EXPO®

PROGRAM GUIDE

Saturday & Sunday, October 19-20, 2019, 11am - 6pm



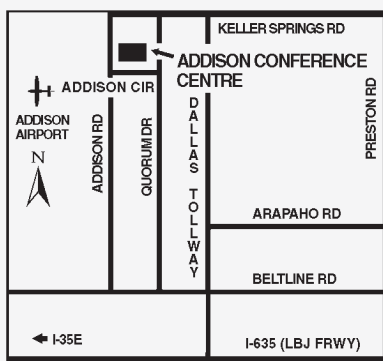
**visit over 100
exhibit booths**

**hear 24
wellness talks**

**experience
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**shop, dine,
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Addison Conference Centre
15650 Addison Road • Addison, Texas

Yoga on the Lawn

**Saturday & Sunday
at 3:00PM**

**sponsored by
Dallas Yoga Magazine**

972-925-9393
WellnessExpo.net

Saturday

11:30 am

Past Life Healing

Lisa Chalmers, CHT, CPLR

972-998-7491

Often times it's the awareness of the past that frees us in the future. Come explore a short past life regression to go back and look at what gifts we can discover. Lisa Chalmers is a Certified Hypnotherapist, Certified Past Life Regression Healer, a Reiki Master, an Intuitive Psychic Medium (she gets pictures in her minds eye) and she is Clairaudient (she hears messages). She owns Inner Muse Hypnosis, where she offers Hypnotherapy and Past Life Regression. Visit: www.InnerMuseHypnosis.com

12:00 pm

Spiritual Insights

Psychic Jennifer Hall

psychicjenniferhall.com

The Universe utilizes Jennifer Hall to relay the most important and essential messages for an individual's achievement of Highest Good. In this forum, Jennifer will share the information in whatever form it is received- as messages from past loved ones, insight into misuse of personal energy, teachings about Universal Truths, etc. Jennifer Hall is the host of Lessons from the Universe™ with Jennifer Hall a channeled pod cast available on iTunes and PodBean. She is a psychic, clairvoyant, medium, empath, and channel. She is a spiritual counselor and healer, life coach and advisor. Visit: psychicjenniferhall.com

12:30 pm

Dreams, Decoding Subconscious Communication

Velvete Womack

903-513-9130

Dreams are a personal matter and give us clues to what we BELIEVE about ourselves and others. How we feel is what the subconscious mind creates. Dr. Velvete has been a practicing Metaphysician for 23 years. As an author, presenter, and motivational speakers, she ignites the fire within her audiences to inspire them into action; self-actualization. Putting the power into the dreamers hands. Visit: <http://www.drvelvete-themetaphysician.com>

1:00 pm

Got Pain? Find out how to "Live pain-free"

Lori Smiskol, BCND

817-894-9222

Vibrational medicine is the wave of the future for chronic pain and inflammation. Find out how the Wellness Pro ("Doctor in a Box) and other natural therapies will empower your health! Lori Smiskol is a Naturopath BCND, Reflexologist, Energy Practitioner and Wellness Pro Distributor. Lori has been giving back hope to her clients when the Doctors said nothing more can be done. and she now helps them live pain-free lives. Visit: www.naturalquantumwellness.com

1:30 pm

Releasing Toxic Emotions with Reiki Self Healing

Louise Cruz

910-217-4333

In this informative workshop, you will learn how this spiritual healing practice can help you release toxic emotions and change your life. Come take the next step in your journey. Louise is a Reiki Master and owner of Life Balance Healing with Louise. A registered dietitian for almost 20 years, Louise has always been called to healing, first through food, and now through Reiki.

2:00 pm

Clearing, Connection, and Channeling Joy's Magical 3 C's

Joy Kauf

972-221-8080

Are you willing to open and connect with your angels, guides, and the All That Is? Join Joy as she shares her insight and offers practical tools that will change your everyday life. Joy Kauf is the founder of the Miracles of Joy Spiritual Center, a Mecca for healings, readings, and esoteric studies in the Dallas area. Joy is a Master Teacher of Galactic Healing and is certified as an Advanced Theta Practitioner, as well as a Reiki Master Teacher. Visit: www.galactichealing.org

2:30 pm

Spirit Speaks

Dr. Gary Berman, DC, NMD

972-404-8650

Ever wonder what your higher self wants you to know or is trying to tell you? Please join Dr. Gary Berman, a renowned psychic and medical intuitive, for your opportunity to hear what your inner voice has to say. Dr. Gary Berman, PhD, NMD, DC is the founder of the InnerRx Institute in Dallas, a chiropractic, wellness and education center dedicated to the teaching and practice of achieving wellness on all levels. Dr. Berman's formal training as a physicist and research engineer has helped develop a unique and highly effective approach to wellness.

3:00 pm

Cooking Healthy

Dr. Sharlene Selvaratnam, MD

469-431-0544

In the crowded grocery store of options and labels knowing what to use to cook healthy can be more than a challenge. Learn what oils are best for cooking to avoid trans-fats and bad cholesterol and find out how you can lose weight and be healthier just by eating certain foods first! Dr. Selvaratnam is a board-certified physician, who founded ReShaped™ Weight Loss & Wellness, which is a center that integrates both medical advancements, as well as personal lifestyle transformations. She incorporates an individualized approach to weight loss. Visit: reshapedwellness.com

3:30 pm

The Lesson from Our Angels is Choice

Linda West, MA, CATP,

Metaphysician

928-367-2040

Each of you is connected to the most powerful energy in the Universe. Most do not understand what that means or how to connect with the Angelic energy around you. Join Linda as she connects the dots for you to make that connection. Linda West, MA, Psychic Medium, Author, Speaker, holds a Masters Degree in Metaphysics and is an Angel Communicator. She is the author of the acclaimed book, "8 Keys: A Special Delivery Message from the Angels" and is the Radio Show Host of Empowered Life with Linda West, Thursdays, 11am PST on BlogTalk Radio. She is Co-CEO of Love My Youth, Inc., which is a line of youthing products. Visit: lindawest-medium.com

4:00 pm

Recent Trends in Micro-Current Neurofeedback

Gary Duke, MA, LPC

903-805-0229

IASIS MCN Micro-current Neurofeedback is a revolutionary, dynamic, non-invasive, highly effective technology. While being nearly imperceptible to the client, MCN has shown to be effective in the treatment of Anxiety, Depression, TBI, PTSD, ADD/ADHD, and Substance Abuse. Gary has over 40 years experience in working with children and families. Together with his wife, Gloria, he established Trinity Integrative Care in early 2019 with a passion to spread awareness and care to anyone they are given the opportunity to serve.

4:30 pm

Spiritual Physics: Multidimensional Healing

Neil - 972-221-8080

Come join Neil for a journey into the spirit world. With direction from Spirit, he will work with attendees to identify any energy issues, and to heal and release them. Neil is a gifted Psychic Medium, Reiki Master, Advanced Theta Practitioner and Galactic III Practitioner. Visit him at: www.marshallneil.com

5:00 pm - 7:00 pm

One with Spirit Gallery- \$20

Joy & Neil - 972-221-8080

Join Neil and Joy and experience their connection with spirit. A gallery is where messages are given to individuals in the audience. They will offer intuitive readings from Angels, Ascended Masters, Guides, ET contact and Loved Ones from the Spirit World. Come and receive channeled messages and see what guidance Spirit has for you. Joy Kauf is the founder of the Miracles of Joy Spiritual Center, a Mecca for healings, readings, and esoteric studies in the Dallas area. Joy is a Master Teacher of Galactic Healing and is certified as an Advanced Theta Practitioner, as well as a Reiki Master Teacher. Visit: www.galactichealing.org Neil is a gifted Psychic Medium, Reiki Master, Advanced Theta Practitioner and Galactic III Practitioner. Visit him at: www.marshallneil.com

All presentations take place in the Stone Cottage, across from the Conference Centre.

Sunday

11:30 am

Using the Metaphysical Tools for Finding Your Soulmate

Virginia Turruarte
214-636-9720

Clear your aura with crystals, using oracle phone apps to recognizing messages from your guides. Psychic medium with your guides. Psychic medium with your guides. Teaching others to develop their hidden gifts and expressing my love by helping parents recognize their indigo and crystal children. Visit: www.TheAngelMessages.com

12:00 pm

What To Do When the Rug is Ripped Out from Beneath You!

LaRue Eppler
214-202-7995

LaRue Eppler shares 3 ways to use the situation to create positive, sustainable change while upgrading your life and other's lives in the process. LaRue is a Dallas-based International Coach, Author, and Speaker who helps clients remove unconscious blocks so they can live their purpose! Visit: larueeppler.com

12:30 pm

Crystal Messages for You

Michelle Welch, Soultopia Owner
214-530-2326

In this gallery Michelle, Owner of Soultopia, LLC, will receive clear messages for some audience members, while teaching the entire audience about the crystals. An attorney on an enlightened path, her calling is to assist others in gaining clarity and self-empowerment. As an intuitive and "clair-blend" she utilizes "modality-matching" to determine the best tools suited to meet her client's desires or needs in her Intuitive and Healing Sessions. You can find her at: www.soultopia.guru, and on Michelle Soultopia YouTube, FOX Radio, Soultopia Shenanigans and 3rd Eye Thinkers.

1:00 pm

How to Reverse Magnesium Deficiency

Charles Barber, Epigeneticist
888-614-7044

98% of the population is deficient in this crucial element. Learn about the best forms, how to reverse deficiency, and why it is crucial for us. Charles is an epigeneticist and Founder and CEO of Crucial FOUR INC's award-winning wellness center. Charles' passion for health and wellness has impacted 1000's of lives, which created their world-class organic, food-based product line, wellness center, tonic bar and farm. Visit: crucialfour.com

1:30 pm

Rubbernecking: Rather than Paying Attention to Your Life

Dr. Jennifer Laing, MD
903-821-4001

In this talk Dr. Jennifer Laing will discuss how the failure to be fully present can impede your healing, your health, and your evolution. Learn how to be more focused on your life so you can enjoy the benefits. Dr. Laing, MD, Board Certified Family Physician, Usui & Karuna Reiki Master, integrates complementary medicine on a daily basis into her practice. Visit: www.schoolofmysticalawakening.com

2:00 pm

Learning from our Life Lessons

Catherine Cates
469-850-2204

When we can't manifest, oftentimes it's because we have a block. Knowing what that block might be is very powerful. Catherine Cates explains how to utilize our life lessons to overcome our blocks so we can live our best life! Catherine Cates is an intuitive life coach, psychic reader, medium, empathy, speaker and author. She has been a professional in the business world for over 20 years, who regularly appears on Fox 4 "Good Day" TV show. Catherine has a life coaching practice and regularly teaches manifestation workshops. Visit: www.psychicdallastx.com

2:30 pm

You Are Just As Psychic As Me! Learn How!

Rachel Kirkland
512-623-9126

Do you ever feel like you are getting information from more than just your traditional 6 senses? In this seminar learn about your extrasensory perception (ESP) and how to recognize, use and strengthen your own psychic connections to the non-physical realms! Rachel Kirkland, The Modern Shaman, is a renowned Shaman and Psychic. She appeared on the BeYou channel, Spaced Out Radio, and was awarded "Best Female Medium in the World." She founded her own Psychic Development Teaching Curriculum and teaches worldwide. Visit: www.themodernshaman.net

3:00 pm

Achieve Lasting Weight Loss With the 6 Stages of Behavioral Change

Sean Maness, CHP - 469-458-0187

Sean will share with you a scientifically proven model of behavioral change that has been successfully tested with over 1 million people. He will explain through case studies how he integrates this philosophy into his work with weight loss clients to achieve a 95% success rate. You will also experience firsthand how powerful your mind really is. Sean has helped hundreds of women lose weight more easily than ever before and achieve lasting weight loss by helping his clients eliminate the mental and emotional blocks within themselves that prevent them from following through with their weight loss goals. Sean owns the #1 rated hypnosis practice on Google in the Dallas Fort Worth area, Maness Hypnosis (manesshypnosis.com).

3:30 pm

Fixing to Stay - Solutions for Independent Living

Kathy Muller
972-439-3950

According to AARP, 80% of homeowners age 45 and older want to remain in their homes. Yet only 1% of homes have been modified for safety and accessibility. Join Kathy Muller to learn what you can do today to prepare your home for tomorrow's needs. Kathy Muller is the owner of Solutions for Independent Living, LLC, which modifies homes for people of all ages with health or mobility issues. S4IL provides an extensive variety of ADA compliant equipment, performs installations, servicing, and all other modifications to make your home safe and accessible. Visit: www.solutionsdfw.com

4:00 pm

Body, Mind, & Soul: What's your Brain's Role?

Dr. Tyler Lewis, DC
972-854-3256

Take a journey through the development of your brain and how each level of development creates a unique experience of your life physically, emotionally, mentally, and spiritually. Dr. Tyler Lewis' passion and specialty is helping the body heal from unprocessed physical, mental, and emotional stress. He serves as a Chiropractor and Co-Owner at Self Unbound Wellness Center in North Dallas. Visit: www.selfunbound.com

4:30 pm

Life Coaching from the Other Side

Terri Groom - 214-564-6349

Learn how to hear and connect with your guides, and be able to receive the abundance and wealth from their wisdom. We are all intuitives and channels. Let us work together to bring the authentic "you" out. Terri Groom is the founder and CEO of Vita Perceptions: She is an Intuitive channel, Animal communicator, Medical intuitive, Medium, Minister, Author of, "Altered Grace" and a Life Coach. She resides in Dallas, Texas

5:00 pm - 7:00 pm

Angels In the Afterlife - \$20

Linda West, MA, CATP,
Metaphysician
928-367-2040

Readings from the audience done in the gallery format- if you have lost a loved one this is the event to attend. Linda elegantly explains what happens to the body after we die, the common stages we experience. She will also give you some insight into the souls' journey. Linda provides loving, indisputable encouragement, insight and guidance from those who have passed on. Linda West, MA, Psychic Medium, Author, Speaker, holds a Masters Degree in Metaphysics and is an Angel Communicator. She is the author of the acclaimed book, "8 Keys: A Special Delivery Message from the Angels" and is the Radio Show Host of Empowered Life with Linda West, Thursdays, 11am PST on BlogTalk Radio. She is Co-CEO of Love My Youth, Inc., which is a line of youthening products. Visit: Lindawest-medium.com

Exhibitors

A Holistic Solution

Dan Denton 928-300-1581
Enhance your lifestyle with our
Frequency Jewelry.
aholisticsolution.com

AAA Texas, LLC

Rose Washington, Membership
Sales Agent 972-837-6763
AAA Membership

Achieve Vitality

Leanne Edwards 972-303-0683
Chiropractic & Stem Cell Therapy.
www.achievevitality.net

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Matt Harper
..... 214-214-SCAN (7226)
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www.advancedbodyscan.com/texas/

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www.akashicancestralhealer.com

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Jeff Bober 469-406-6643
Preventative health Screenings.
www.aahshealth.com

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Kristina Woodstock 972-562-0362
Integrated Wellness/ Health Screenings.
www.aahshealth.com

Angel Messages with Liz

Liz Hoelzel 512-653-3828
Psychic Medium.
www.angelmessageswithliz.com

Angels Whisper

Charlotte & Michael Lin
..... 214-288-9888/214-789-9888
Quantum-touch®, Feng Shui, Crystal,
Access Bars.
www.AngelsVWhisper.net

Anita

..... 972-221-8080
Native American Shaman,
Intuitive NDE Medium

Arbonne Independent Consultant

June Bigham Williamson
..... 214-755-8914
Botanical Health & Wellness Products.
www.junebigham.arbonne.com

AstroNumerologist

Trish Mathews 972-867-9626
When are your Love & Money years?
DestinyDetective.com

Author of 8 Keys: A Special Message for the Angels

Linda West 928-367-2040
Psychic Medium, Author & Radio Host.
www.lindawest-medium.com

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www.BillFoss.net ... 918-770-3810
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www.bodynbrain.com/beltline

Carolyn P. Little

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Mari Weldon . Weldonmari@gmail.com
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Gives you a sketch of souls around you.
PsychidMari.com

Crucial Four, Inc.

Melinda Chanhnovong
479-235-8153
Holistic Wellness Products.
Crucialfour.com

Dallas Yoga Magazine

AJ Crowell 214-624-9896
Yoga inspired magazine focusing on health &
wellness.
www.dallas yogamagazine.com

Dallas/Fort Worth Acutonics

Mary Burke-Kelly 817-918-3939
Acutonics Sound Healing, Facials, & Classes.
www.dfwacutonics.com

Dr Velvete The Metaphysician

Velvete Womack 903-513-9130
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www.drvelvete-Themetaphysician.com

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Tamara Conner 469-236-8980
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www.ehoomana.com

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Embracing Health

Diana Copeland 630-220-7207
Certified Life, Health, & Wellness Coach.
diana-copeland.com

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Michael Wolf 512-789-5580
Mystery school for seekers,
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https://www.empoweringnow.com

Energy Dynamics

Cynthia Shaw 972-991-2097
MultiDimensional Healing.
www.CynthiaRShaw.com

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Rusty Barrier / Tricia Seymour
..... 972-729-9900
Exploring and activating human potential.
https://entelechea.org

ER Near Me

Marlyn McLaughlin . 214-598-4468
Concierge Emergency Room.
www.emearmetx.com

Freqozone

Louise Laporte 214-457-1269
Wellness Center PEMF/Ozone,
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Dr. Dashima Dovchin, PhD, LAc
..... 972-404-4442
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www.mollycbd.oil.com

Highest Path
Elise Adam.....972-876-6236
Intuitive & Medium -
"The Journey Begins Within".
highestpathdfw.com

Holographic Kinetics Practitioner
Wesley Zaidle972-268-3652
Healing/Clearing using Holographic Kinetics.
www.rememberspirit.com

**Hypnotherapy Professional
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Sheila Nielsen..... 1-800-745-0220
Hypnotherapy College, certifying
Hypnotherapists.
www.hypnotherapyprocollege.com;
thirdeyeinstitute.net

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Low level laser to activate acupuncture points.
imagine.laserworks.dallas.com

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Vanessa Schmidt.....310-846-1610
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Life-Balance-healing.com

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DoTERRA Essential Oils.
www.loveeoliving.com

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Jason Franklin.....325-650-1933
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Heather King.....817-909-0063
CBD products.
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Christopher Mares...214-215-9187
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Papillion Enterprises
Venita Papillion720-237-3608
Wearable health items & telehealth.
www.Papillion.worldgn.com

Exhibitors (continued)

Parker University Chiropractic Wellness Clinics

Alma Guzman 972-438-9355
Chiropractic Clinic.
www.parker.edu/clinics/

Perpetual Coaching and Consulting

Sandra Reiling 682-888-6751
Life Coaching, Wellness Coaching.
www.perpetualcoachingandconsulting.com

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Pat Cook, Tray Bradford
..... 817-261-6300
Crystals, Gems, Minerals, Jewelry,
Shamanic Tools.
powerrainbow.com

Prime Care Health Solutions

Dr. Joy Aguwa 214-613-2019
Health and Wellness Services- Disease
Prevention.
primcarehs.com

PROXIMITY - Path Towards Wholeness

Vladimir Turek 505-629-2036
Wellness - Healing - Coaching -
Body care - Spirit.
www.PathTowardsWholeness.com

Psychic Angelic Channeler Peter Hansen

Peter Hansen 310-871-7090
Psychic, Angelic Reader and Healer.
www.ChannelingArchangel.com

Psychic Jennifer Hall

..... psychicjenniferhall.com
Psychic, Clairvoyant, Medium,
Empath, & Channel

Psychic Medium

Tracey Escobar 972-221-8080
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Catherine Cates 469-850-2204
Intuitive Life Coach & Psychic.
www.psychicdallastx.com

Readings & Healings

Eloy Machuca 972-221-8080
Tarot, Lenormand & Kipper Card Readings.

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Spiritual Intuitive & Reiki Master

Kathy D. Carter 214-245-2293
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Frequency Healer, Author.
www.KathyDCarter.com

Tak

..... 972-221-8080
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The Angel Messages

Virginia Turruarte . 512-914-3070
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Advanced TRS by Coseva

Kim Williamson 682-235-7377
Advanced TRS - A safe heavy metal & toxin
removal. khwilamson.cosevatrs.com

American Alliance Health Services

Jeff Bober 469-406-6643
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www.aahshealth.com

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www.hypnotherapyprocollege.com;
thirdyeinstitute.net

Imagine Laserworks, Dallas

Venice Rembold 817-586-5695
Low level laser to activate acupuncture points.
imagine.laserworks.dallas.com

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