

WELLNESS EXPO.

Sat & Sun, September 5-6, 2020, 11am - 6pm

The Lone Star Convention & Expo Center
9055 Airport Rd - Conroe, TX 77303



PROGRAM GUIDE

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Over 45 exhibit booths
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Hear

24 holistic medicine,
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balance your
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oils, CBD,
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chiropractors & healers

Speaker Program

11:30 am

Top 3 Ways Numerology Can Help You Heal

Nasyim Segal
281-801-1500

Discover how numerology can be your guide to a healthier outlook & lifestyle. Master Numerologist, Nasyim Segal, will share three simple ideas that you can implement right away to help you reduce stress & achieve your wellness goals. Don't miss this fun topic! Nasyim Segal is a Master Numerologist & Certified Neuroscience Coach. She learned a proprietary numerology chart style created by her father & has now pioneered a new method, NeuroNumerology, which has been recognized by members of Internat'l Coach Federation. Visit: <https://www.NasyimSegal.com>

12:00 pm

The Healing Power of Holographic Sound

Dr. Paul Hubbert, PhD
512-659-0069

Through Holographic Sound Techniques, crystal bowls and vocal harmonics, activate the body's blueprint for health. Experience healing & balancing of physical, emotional, mental, and energetic bodies guided by higher consciousness. Paul holds a Ph.D. in Psychology, he's a Multidimensional Sound Master and teaches internationally. He is certified in Grief Recovery, hypnosis, Reconnective Healing and received recognition from the White House for his family counseling work. He's an intuitive channel, Reiki Master, musician and international recording artist. Visit: www.HolographicSound.com

12:30 pm

My Prescription for Greater Self-Love

Sandra Reiling
682-888-6751

How we feel about ourselves affects so much in our lives. Join Sandra as she offers eight tips to increase your self-love. Sandra Reiling is a Self-Acceptance Coach, who coaches people to heal and strengthen their relationship with themselves and others. Visit: www.perpetualcoachingandconsulting.com

1:00 pm

EFT- Creating Positive Change One Tap at a Time!

Helen Racz
281-384-0207

Emotional Freedom Technique (EFT), is a form of acupressure similar to acupuncture without the use of needles. Come for a joyous journey with tangible effects as you ask questions and experience how to support yourself with this technique. EFT Practitioner, teacher, speaker, retreat leader, life coach and author, Helen's unique tapping style combines energy, humor and compassion to lead people into alignment with their desires, empowering them to live life on purpose with purpose. Visit: www.HelenRacz.com

1:30 pm

Chakra Clearing & Healing

Beth Carpenter, ND
512-707-9886

Many people are addicted to stress. Through cutting cords and clearing PTSD within the chakras, we can break free from the blueprint of Chaos. Beth will be actively healing the group that attends this lecture. With over 25 years in energy healing and 17 years in essential oils, Beth will also be educating participants on the best oils to use. Visit: www.healthyhelp4u.com

2:00 pm

The Power of Connection in 2020

Joy Kauf
972-221-8080

Are you ready to connect and communicate with your angels and inner guidance? This is the year to have '2020' vision to be able to Manifest & receive clear guidance. Joy will share with you some practical tools to clear your energy and explore how to be more present to receive your messages. 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

Medicare Made Clear

Hasan Syed
763-292-6498

Please join Hasan as he simplifies the basic understanding of the complex Medicare. Learn the steps to choose better options for You! Hasan is an independent insurance agent who has over 8 years of experience in the health insurance industry. He is certified in Medicare and is a licensed insurance agent in Texas to help with your Medicare needs. myuhcagent.com/hasan.syed

3:00 pm

Aging with Harmony or Havoc? Balancing Hormones!

Dr. Cheryl Winter, DCN, FNP-BC, RDN, IFMCP
832-327-9332

For far too many of us (men & women), hormone messages are out of balance, leaving us with sometimes devastating symptoms including fatigue, weight gain, brain fog & premature aging that brings with it chronic disease. It doesn't have to be this way! Dr. Cheryl is a doctor of clinical nutrition, a family nurse practitioner & registered dietitian who tore up her prescription pad, because she was literally making people sicker with her pills & potions. But success came when incorporating functional medicine! Visit: <https://DrCherylWinter.com>

Saturday, Sept. 5

3:30 pm

Benefits of Heart Brain Coherence

Laura Hernandez
832-419-6281

The heart sends 80% of its information to the brain. If we know how to bring our hearts into a coherent heart beat, we will be able to synchronize our brain centers and systems in the body, achieving rejuvenation and vitality. Laura supports, trains and coaches others so they can create, experience and enjoy a life they love, opening space for success, health, peace, freedom and love. She is a spiritual life coach, and stress management, self-regulation and meditation instructor. Visit: <https://www.ihaloove.com>

4:00 pm

Healing with the Akashic Records

Bill Foss
918-770-3810

The Akashic Records is a gateway to activate your Soul's purpose and connection with your physical body in this world. There are multiple ways of using the Akashic to achieve healing from traumas, past lives, karma, success blocks and physical ailments. As an Author, Teacher and Healer Bill works with groups and individuals to bring your spiritual insights, energetic activations & clearing, deep healing and multiple ways to achieve your success through learning about your Soul & the Akashic Records. Visit: <http://www.billfoss.net>

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

11:30 am

Living with & Loving the Man/Woman in the Mirror

Rebeca Eigen
281-799-2900

Regardless of gender or sexual orientation, the main ingredient in all of our relationships is energy. We draw specific people to us repeatedly so that we can know ourselves. This talk is to learn about Carl Jung's most valuable concept—shadow work—together. Rebeca Eigen, Relationship Alchemist and Astrologer for 25+ years specializes in the 7th House (marriage, partnership and open enemies; i.e. the shadow in us all). Visit: <http://shadowdance.com>

12:00 pm

Connect with Your Loved Ones in Spirit

RosaLee McIntosh
832-603-1456

RosaLee will be doing open spontaneous readings for some members of the audience. She will be channeling information from Spirit and your loved ones that are on the other side. RosaLee has been doing her passion for 20+ years. She is always learning and growing through the Psychic readings, Medium, Intuitive Tarot cards, Reiki, Egyptian Healing, Clinical Hypnosis, and Past Life regressions that she does. She feels that each experience has been a blessing through doing what she loves.

12:30 pm

Getting Your Experiences in Print

Rita Mills

713-937-9184

Everyone has a story to tell and in this presentation you will learn the do's and don'ts of navigating the waters of the convoluted book publishing industry. Rita Mills spent 25 years at The Houston Post and UofH during the course of her career. She had a picture book press for 5 years and has been consulting with novice authors/publishers about the book publishing industry since 2001 as The Book Connection. She has published in excess of 600 books in the course of her career. Visit: <https://www.linkedin.com/in/rita-mills-b458955/>

1:00 pm

Overcoming Fears

Samantha Gollakner
940-366-3454

In this talk Samantha will explain how harvesting the power within allows you to be the best version of yourself- mind, body and soul. Samantha is an international, best selling author who writes Self-help/Fantasy.

1:30 pm

The Mind Body Connection

Stacey Rodgers Stein, DC
936-441-9990

Dr. Rodgers will discuss the science behind how your mind and your body influence your health. Dr. Stacey Rodgers is passionate about bringing chiropractic care to all. She has over twenty years in practice treating multi-generational families. Visit: www.rodgerssteinchiropractic.com

2:00 pm

Akashic Records in the New Paradigm

Gina Higdon
713-397-5888

Gina will explain the Akashic record field of infinity, as well as how she found the Akashic Records. She will then answer questions and deliver a message from the Masters, Teachers and Loved Ones. Gina is an Akashic Record Teacher & Consultant, Theta Healing Practitioner, Claim Your Life Instructor, and Aura Soma Practitioner, who has studied Astrological life cycles. Her passion is to build an Akashic Community by teaching and assisting others in finding their joy and life purpose. Visit: www.claimyourempoweredlife.com

2:30 pm

It's Your Life: Hydrate!

Ricki McKenna
970-618-7607

Your body is a divine symphony of cells, tissues & organs - connected by WATER. Water gives you life; plumps your wrinkles, feeds your brain, removes waste, helps regulate breathing, digestion, heart rate and more...join me for drink of life. Ricki "McHealthy" McKenna, certified Nutritionist, Life/Health coach, speaker, author, workshop leader & foodie. With 20+ years of serving individuals & business clients, she helps people create healthier, richer, more productive & joy-filled lives. Visit: www.CoachMcHealthy.com

3:00 pm

Creating Space in an Imperfect World

Terri Groom
214-564-6349

Come join Terri Groom for an informative and engaging talk on hope and connection. Learn how to replace your day to day struggles with a stronger, more meaningful connection with the spirit world. Your guides are wanting to talk to you! Terri Groom is a Medium as well as a Medical Intuitive, Animal Communicator, Trance Healer and Life Coach. She utilizes clair senses as well as pure channeling. Terri is a published author under the pen name of A. Tacked and has been featured on Netflix. Email: vita-perceptions@gmail.com

3:30 pm

My Journey to Better Health

Jill Good
281-793-9206

Jill will discuss how being a dietitian impacted her daughter's cancer journey and led her on a search for cleaner, safer skin care, body care and makeup. Jill is a Registered Dietitian, whose passion for exploring health and wellness has always extended beyond her employment and into her family. Her quest for knowledge quickly extended to exploring how what you put in and on your body can affect your immune system. Visit: <https://beautycounter.com/jillgood>

4:00 pm

Activating Your Starseed Connections

Gaer Ferrinson
254-659.8832

You've always known you're a little bit different, even in metaphysical circles. Because Starseeds ARE different. Begin the journey of getting reacquainted with your Starseed Soul Family through this 30-minute talk with guided meditation. Gaer Ferrinson, The Transitional Doula, is an oracle, healer, and certified End-of-Life Doula. Her work focuses on Starseeds and Soul Journeys. Visit: www.TheTransitionalDoula.com

4:30 pm

Vertical Gardening Made Simple

Janis Gebhart
832-257-5479

We all know that eating more fruits and veggies is beneficial ... have you ever considered growing your own? This talk will describe the benefits and differences between hydroponic and aeroponic gardening, which is the future of growing! Janis Gebhart has over 15 years experience in helping families to enjoy healthier foods and to get more fruits and vegetables into their daily diet. She is passionate about growing her own produce and helping others to do the same! Visit: <https://janisgebhart.towergarden.com/>

5:00 pm - 7:00 pm

Walking With Spirit Gallery [\$20]

Terri Groom
214-564-6349

Come join Terri with Vita Perceptions for an interactive connection with spirit. This gallery will focus on mediumship connections with loved ones, as well as channeled messages from guides, angels and other beautiful energies from the other side. Terri Groom is a Medium as well as a Medical Intuitive, Animal Communicator, Trance Healer and Life Coach. She utilizes clair senses as well as pure channeling. Terri is a published author under the pen name of A. Tacked and has been featured on Netflix. Email: vita-perceptions@gmail.com

Exhibitors

Ask the Shopologist

Stephanie Graham
..... 972-746-9500

We help clients enhance
their health & wellness.
www.asktheshopologist.com

Beautycounter

Jill Good 281-793-9206

safer, cleaner, skin care,
body care and make up,
<http://www.beautycounter.com/jillgood>

Bemer- Increased blood flow, energy & mental clarity

Stacey Ferrari
..... 972-750-6426

Not just for astronauts
& Olympians anymore.
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Bill Foss - Akashic Records

www.BillFoss.net
..... 918-770-3810

Akashic Records, Author, Teacher,
Healer.

Body & Brain Yoga & Tai Chi

Cherie Clark-Moore
..... 832-283-2761

Yoga, Energy Healing, Tai Chi.
<http://www.bodynbrain.com>

Book Life

Samantha Gollakner
..... 940-366-3454

Self-Help / Fantasy Series

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Ricki McKenna, CN
..... 970-618-7607

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Speaker & Author.
www.Coachmchealthy.com

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Mandy Spoerle .936-391-1374

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Quartz Crystal

Green Mantis Hemp

Greg Good 512-669-9670
Organic CBD Oil & Crystal Energy (-ion)
Products.
GreenMantisHemp.com

HealthyHelp4u.com

Beth Carpenter
..... 512-707-9886

Readings, Healings
& energetic skincare.
www.healthyhelp4u.com

Healy is Health

VJ Curry 855-816-1505
Healy Frequencies For Your Life.
www.healyishealth.com

Helen Racz

www.HelenRacz.com
..... 281-384-0207
Coaching, EFT Practitioner, Author,
Speaker.

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Debbie McGee
..... 817-454-1675

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Holographic Sound & Inner Balance

Paul Hubbert.... 512-659-0069
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Laura Hernandez
..... 281-241-9818
Heartmath, Chopra Center,
Thetahealing, ARK.
<http://www.ihaloove.com>

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Lali 917-821-3947
Indian Vedic Palmistry, Numerology &
3rd Eye Psychic Medium.

Jar Light

Robyn Slagle ... 214-893-5639
Subtle Bodywork & Bowen Therapy.
www.jarlight.com

Juice Plus and Tower Garden

Janis Gebhart
..... 832-257-5479

Whole Food Nutrition and Aeroponic
Growing System.
<https://janisgebhart.juiceplus.com/us/en>

Life Exploration with Gina

Gina Higdon
..... 713-397-5888

Akashic Records Consultations,
Theta Healing.
www.claimyouempoweredlife.com

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Alan Tittle 972-241-2046
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www.liquidgoldrx.com/alantittle

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Marilee Warnick
..... 435-881-4719

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Joy Kauf 972-221-8080

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Neil 972-221-8080

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Sandra Reiling ..682-888-6751
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& Wellness Coaching.
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Jewel Canche
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Tammy Cornett
..... 936-662-2022
Exogenous Ketones.
<https://tammycornett.challenge.com>

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shadowdance.com

Spirit Quest Rock Gem & Unique Boutique

Chris & Ginger Pennell
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www.TheSpiritQuestCenter.com

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The Art of Conscious Evolution

Peggy Sue Skipper
..... 832-628-5396
Author.
peggy@peggysueskipper.com

The Book Connection & Prometheus Media Group

Rita Mills
..... 713-937-9184/
..... cell: 281-744-0626
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Gaer Ferrinson
..... 254-659-8832
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Medium.
www.TheTransitionalDoula.com

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RosaLee McIntosh
..... 832-603-1456
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Alexander H. Diaz
..... 763-292-6498
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Terri Groom 214-564-6349
Life Coaching from the Other Side.
vita perceptions@gmail.com

VITAL Health Solutions

Dr. Cheryl Winter, DCN, FNP-
BC, RDN 832-327-9332
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Hormones.
<https://DrCherylWinter.com>

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<https://www.myl.com/3rddaygoodness>

Literature Table

Choose Health Solution

Ricki McKenna
.....970-618-7607
Certified Nutritionist, Life/Health Coach,
Speaker & Author.
www.Coachmchealthy.com

Christi's Portals

Christi Ruiz
.....Cell 281-904-2658
Lightworker interested in assisting
others.
www.christiruiz.com

Hempworx/ My Daily Choice

Debbie McGee
.....817-454-1675
Hempworx-Highest Quality CBD Oil &
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DebbiesCBDhealth.com

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.....832-257-5479
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Growing System.
<https://janisgebhart.juiceplus.com/us/en>

Lonestar Dowzers

Mary Wilson.....713-201-8313
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LonestarDowzers.com

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Joy Kauf
.....972-221-8080
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Natural Curiosity Shows

Marian LaSalle.....
MarianLasalle@NaturalCuriosity.Life
Find our shows on UTube under
Marian LaSalle.

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.....832-831-8405
metaphysical items, psychic readers,
energy healers.
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Rebeca Eigen
.....281-799-2900
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& Astrologer 7th House.
<http://shadowdance.com>

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The Book Connection & Prometheus Media Group

Rita Mills
.....713-937-9184/
.....cell: 281-744-0626
Resource for Book Publishing
& Media Awareness.

VITAL Health Solutions

Dr. Cheryl Winter, DCN, FNP-
BC, RDN
.....832-327-9332
Functional Medicine & Bioidentical
Hormones.
<https://DrCherylWinter.com>

NATURAL CURIOSITY SHOWS!

Participate in our LIVE Shows which are entertaining, enlightening,
and educational. We love our audience. Come join us!

Our LIVE shows include:

WORK FROM HOME – Mondays at 12 noon
ASK THE EXPERTS – Tuesdays at 7:00 pm
RESET 4 SUCCESS – Wednesdays at 12 noon

Find our Shows on YouTube under Marian LaSalle
and on our Facebook Group - Natural Curiosity

Contact Marian LaSalle @ [NaturalCuriosity.Life](https://www.NaturalCuriosity.Life)
Contact Ilene Dillon: ilene@emotionalmasteryforlife.com
Contact Lady Lou Dewey: Texasladylou1@gmail.com

P.S. Would YOU like to appear on our Show?



Natural Curiosity

Thank You.

We would like to thank the Houston area community for welcoming our Wellness Expo with open arms. It is truly a joy for us to be here!

We are especially grateful to our fabulous emcee, Peggy Sue Skipper, whose attention to detail with our speaker program was impressive and appreciated. She extended and dedicated herself and her enthusiasm was infectious. She truly is a gift to all of us!

Marian LaSalle and Louise Dewey featured many of our exhibitors and speakers on their "Wisdom Chats 4 for the Curious" radio show, with Peggy Sue as a co-host. These three ladies were open-minded, inquisitive and thought-provoking. We learned so much from them! We hope you will join Marian and Louise for their Natural Curiosity shows. We are certain that these shows will be equally enlightening and informative.

We appreciate Joy Kauf, of Miracles of Joy, who has been with us in Dallas for over 10 years and who has joined us here this weekend. She does aura photos here and at Spirit Quest Rock Gem & Unique Boutique in Spring, TX, where she visits every few months. Joy introduced us to Rita Mills, with the The Book Connection & Prometheus Media Group.

Rita is an incredible resource for book publishing and media awareness. Rita connected us with Peggy Sue,

as well as Helen Racz, and we are so appreciative of all that she did to make this Wellness Expo a success.

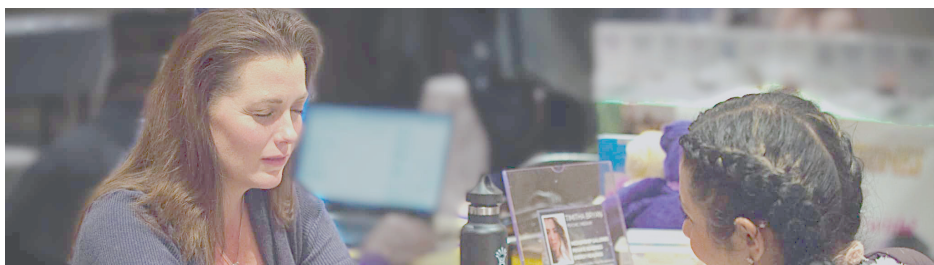
Thank you, Helen Racz, EFT Practitioner, Author, Speaker, and Coach, who helped to promote this event. She is speaking here, as well as offering her fabulous EFT sessions. We highly recommend her free EFT audios at www.HelenRacz.com

We would also like to express our appreciation to Chris and Ginger Pennell, with Spirit Quest Rock Gem & Unique Boutique in Spring, TX. They exhibited with us in Dallas for over 10 years and it has been such a pleasure to reconnect with them. They have done so much to help bring this Wellness Expo to the Houston area and we are most grateful to them.

Finally, we would like to thank all of you for attending and exhibiting at this event. We couldn't have done it without you! We look forward to seeing you again next year, when we return the weekend of September 4 - 5, 2021 here at the Lone Star Convention & Expo Center in Conroe.

It is our great joy to produce an event where there is something for every body, mind, and spirit™.

Be Well,
Felicia Weiss, PhD
& Tony Cecala, PhD



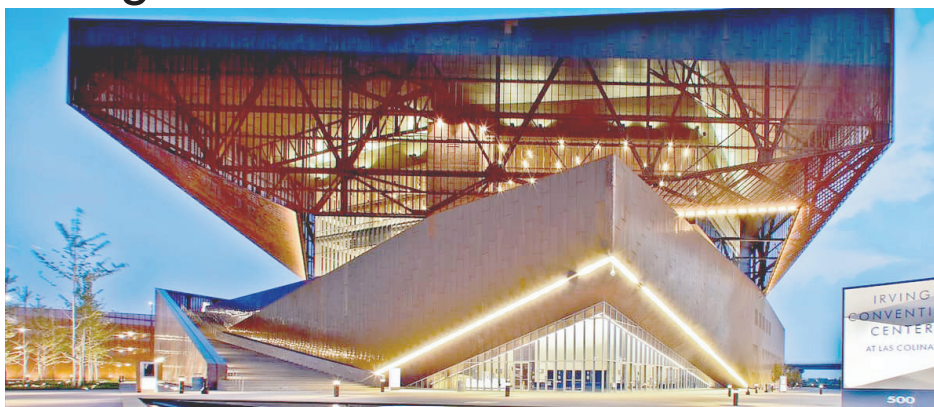
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Lone Star Convention & Expo Center



Dallas (Irving): Oct. 17-18, 2020
Irving Convention Center



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