

CORE WEEKLY TOPICS

Discovering Health, Healing & Wellness Sunday

Join one of the leading experts in natural medicine as he reviews how herbal medicine, homeopathy, and nutrition can improve your health. He'll focus on ways to optimize your general energy, stabilize your blood sugar, and

eat for a healthier immune system. You'll learn why the digestive process is as important as what you eat; about various ways to stimulate healing; and the difference between optimal health and symptomatic relief. He'll also discuss how stress affects physical symptoms and the simple actions you can take to minimize the effects of demands in your life.

Healthy Aging – Creating & Sustaining Energy Monday

Normal aging is a risky endeavor when we think our DNA has the most influence on how we live and how we die. We feel disempowered and think our life style choices have very little influence. Epigenetics suggests we can have enormous influence on our health. One of the keys to healthy living and healthy aging is stabilizing blood sugar and knowing how maintain balanced hormones.

Roller coaster blood sugar effects our physical energy, our mental and emotional focus, and can have profound effects on our body's ability to function optimally. This talk will integrate food and vitamins with simple physiology to explore tools for aging gracefully.

Healthy Stress Management - Tools for Effective Living Tuesday

What if stress were actually good and part of what we need to grow and be creative? What is the distinction between stress and distress? How do we assess demands that are beyond our coping strategies? And what are ways to increase our resources that might have us

perceive demands differently? In this this talk we will look at both life skills and practices as well as what nutrition can have enormous impact to support us to transform our experience of distress into healthy stress.

Healthy Detoxing – Physical Energy and Mental Clarity Wednesday

There are various nutrition-based approaches to achieving optimal health. One is to build, tonify, and strengthen different organ systems. Another is to clear the body of toxins, chemicals, and heavy metals, focusing on the organs of elimination to improve their function. Over the last 30 years, Dr. Taylor has guided over 10,000 patients through cleansing and detox programs. Join him for a comprehensive overview of the process, and gain a deeper understanding of ways that detoxifying the body and removing physical interferences can encourage organs to work more efficiently, reducing symptoms and allowing the body to heal naturally.

Designing Your Healthy Life Style Friday

Creating vibrant radiant optimal health includes focusing on different components that will effect our physical function, our mental curiousity and clarity and ability to learn, as well as our emotional peace and spiritual fulfillment. What are some of the most important variables when we choose healthier food to support our body? How can exercise and relaxation strategies and creativity make us more emotionally healthy? What is the role of fun, laughing or hobbies to stimulate immune function? This talk will offer a

detailed exploration to design a personal step by step game plan to promote health and healing.

Additional Topics Healthy Joints – Musculoskeletal Flexibility/ Nutrition & Exercise

Do you know the foods and nutrients that keep your physical frame and structure able to deal with the normal stress of age and use? Do you know what foods and nutrients will help you prevent exercise injuries? Do you have clarity about what foods can support your body to heal if you should injury a disc, tendon, ligament or joint? Inflammation of the joints – arthritis is preventable and treatable. This talk will focus on being mobile, flexible and strong through our entire life.

Aging Gracefully – Balancing Hormones for Men & Women

Hormones are molecules that have powerful physical and emotional effects. Hormones are made by different organs and need certain foods and nutrients to maintain their natural cycles during our lifetime. Imbalanced and low hormones are common sources of many avoidable symptoms of aging. This talk will allow you to discover the many choices we have related to energy, weight, depression, and sex drive.

Healthy Brains- Nutrition to optimize mood, memory, and concentration

Our brain is the most important organ that most people take for granted. The role of fish oil, the effects

of food coloring and preservatives, the use of certain amino acids are examples of the many recognized relationships of foods for memory and concentration. This talk will enlighten you on how to better take care of your brain. We will discuss dementia, Alzheimer's, concussions and how to support our brain for all age groups.

Healthy Sleep – Nutrition to Restore the Nervous System

Our nervous system is bombarded by chemicals, noise, pollution and many huge demands we humans put on ourselves to be successful. Restorative sleep is essential to our physical, mental and emotional health. What foods have a negative impact on our nervous system and what nutrients positively effect sleep. Come learn simple health practices to create healthy sleep and a nervous system that can support us to age gracefully.

Healthy Weight Loss-Love Your Body Secrets

Most people are overfed and undernourished. Many people have hormone imbalances that do not show up in blood tests. The diet industry is focused on "calorie counting" to starve weight off which is very different than "burning weight off." Most people are focused on losing weight vs how to sustain a healthy weight. This talk will review myths related to our weight concerns and propose inter relationships between nutrition, hormones, body image and self esteem, emotional eating, and exercise to focus on losing and maintaining weight in a context of optimal health and the need to re-invent healthy relationship with better eating habits and experiencing our body as an ally to be trusted.

Healthy Mojo- Nutrition for Great Sex

There is medical research relating physical touch, sex and staying healthy in our life. Sensuality is different than sexuality. Great Sex is different than great love-making. What is the difference and what variables are important to know that might encourage us to take actions that result in better health? Hormones have physical profound effects and change for everyone as we age. What nutrients and foods help improve our mojo? This talk will be lively, stimulating, and fun as well as informative.

Healthy Immune Function- Infections, Allergies, & Cancer

Our Immune system is related to our nervous system. Our immune system is a interconnected network that relies on certain key nutrients and organs to function well. As our outer world stresses us with more chemicals, toxic pollutants and new and different infectious agents, our body does its best to protect us. However the cost of being constantly irritated can have huge negative effects on our ability to adequately cope with the insults we try to defend against. This talk will relate the nutritional, emotional and physical factors that you can use to prevent and treat allergies, chronic infections, and cancer.

Healthy Digestion – Keys to Foundation for Health

The world of digestion can be divided into 3 parts: 1. ingestion- what we eat, 2. digestion- breaking down foods with enzymes, and 3. absorption- assimilating nutrient through healthy bacteria. These distinctions can offer us our lives a much more powerful context that can result in extraordinary health promotion. Have you ever heard "disease begins and ends in the colon?" This talk will explore the nature of our digestive system in a way that you will appreciate one of the most important keys to living a long life

of health as well as the foundation of dealing with any disease using natural principles.

Healthy Communication – Keys for Health

Do you speak to be right, to be understood, or just for information exchange? Do you modulate how you listen when you know the purpose of the person speaking to you? Do you know how to develop listening with empathy and compassion which is different than understanding? Most people think communication is being articulate or smart. Communication is one of the most important sources of connecting and communing. There is growing medical evidence there is direct correlation that suggests the more people feel heard, recognized and appreciated, the healthier they are.

This interactive talk will review communication in a way that directly effects our health and well being.

Relaxation Strategies – Visualization & Meditation as portals for Healing

The demands on our brains, nervous and immunes systems are infinitely more than past generations. Sometimes in life we cannot decrease our demands from our jobs, our intimate relations, and the challenges and ups and downs that life presents. However, many times our resources do not come close to being able to neutralize those increasing demands. We risk paying huge costs related to health and intimacy. This presentation will include guided experiences as well as information to understand the nature of unplugging from the outer world and plugging into a vast universe of energy for healing that can be a cornerstone for healing.

Nutrition for Healthy Children

Feeding our children in ways that complement developmental stages from puberty to adolescence is the highest priority as responsible parents. How to navigate through the tabloid media myths that might be corporate or fad driven and peer pressure of what other kids are eating can be challenging for any adult to guide a child to make good choices around food. We can teach children to relate to their body and food as a way to both enjoy life and be healthy without compromising taste. Optimal eating for pregnancy, delivery, nursing, infancy and growing children all have profound effects on digestion, energy, immune competence and allergies, and how the brain can concentrate and function