



Complementary Health Education Organization CHEO of Greater Knoxville Area Programs

Come Discover *Your* Options for Holistic Wellness

Programs at South College

Meet and Greet at 6:30, Program at 7 pm
Parkside Learning Center, 400 Goody's Lane, Knoxville, TN
From I-40, South Exit 374 south on Lovell Road, left on Parkside, left on Goody's Lane. Park in lot on left across from South College. Enter the doors to the left under the sign Student Plaza, go upstairs to 3rd floor, Rm 306. Look for CHEO signs.

Monday, June 12, 2017

Naturopathic Medicine: Shaping the Future of Health Care

Presenter: Glory Ledbetter, ND, MS Human Nutrition

The philosophy of **Naturopathic Medicine** is based on **prevention, the intelligence of nature, and treating the cause of a problem** rather than the symptoms. During the presentation you will learn:

- **How Naturopathy incorporates Therapeutics:** Herbs, Nutrition, Hydrotherapy, Manipulation, and Homeopathy
- **Education requirements and Qualifications** for Naturopaths
- **The Impact and Cost Savings Naturopathy** has on Public Health

Door Prize: Book - Life Extension's Disease Prevention and Treatment, 5th Edition provided by CHEO.

Monday, August 14, 2017

Taking the Garbage Out- Detoxing Safely: Panel Presentation

**Presenters: Paula Perkins/Colon Hydrotherapist;
Barbara Rose,/Holistic RN, Integrative Nutrition Health Coach
Dr. Stephen Pershing, MD, Integrative and Internal Medicine**

Be sure to attend this informative and lively Panel Presentation about various methods of cleansing toxins from the body and the whys and wherefores of each. Topics to be included are:

- Seasonal **cleanses for Liver, Blood, Lungs/Large Intestine and Kidneys** using easy to find ingredients
- The **how and why of colon hydrotherapy** and the benefits when combined with proper nutrition
- **Using herbs** for detoxing
- **Fasting protocols** and their benefits
- Intermittent Fasting and **metabolism reset**

Door Prizes: 3 free initial 50 minute Health Coaching Sessions donated by Barbara Rose

Dr. Miller's Holy Tea (8 bags) donated by Paula Perkins

**Everyone is welcome! Members attend free of charge.
There is a suggested minimum donation of \$10 for all guests.**

Questions? dianeminch@hotmail.com or call 423-884-6031

Disclaimer: **CHEO expressly disclaims all liability for any and all treatment, diagnosis, decisions or actions taken, or not taken, as a result of the information provided.**

CHEO of the Greater Knoxville Area is a nonprofit 501(c)3 organization which helps people discover holistic and integrative options for wellness.

Programs at Rarity Bay

Meet and Greet at 6:30, Program at 7 pm
Community Center, 150 Rarity Bay Parkway, Vonore, TN
Take TN-72 east from I-75 for 13 miles or west from TN-411 for 2.7 miles. Turn on Rarity Bay Parkway, Community Center is 2nd bldg on right. Park in adjacent or upper lot.

Wednesday, June 28, 2017

A Comparison of Popular Nutrition Plans A Panel Presentation

**Debbie Agee, BSN, M.Ed., Ed.S, Cert. Food for Life Instructor
Doris Fisk, Cert. Nat. Health Professional, ER4YT Mas. Cert.
Dr. Richard Mays, MD, Author
Dr. Stephen Pershing, MD**

Don't miss our outstanding panel of experts sharing these popular nutritional and lifestyle plans. Choose a plan that resonates with you!

Learn how to cook & eat for vitality and longevity using:

- the **Whole Food Plant-Based Diet** - "Culinary Medicine"
- the **"Eat Right 4 Your Type"** - Blood Type Test Kit
- the **Bible Diet**
- the **Paleo and the Mediterranean Plan**

Plus Enjoy!

Plant based delicacies and recipes - Debbie Agee
Herbal teas for optimum health - Diane Minch

Door Prizes: "Eat Right 4 Your Blood Type" book donated by Doris Fisk, and

"The Bible Diet" book donated by Dr. Mays

Wednesday, August 23, 2017

Ask the Holistic Doctor: Open Forum

**Presenters: Dr. Joseph Holliday, MD, CCT, FACAM
Dr. Charles Adams, MD, Integrative & Holistic Medicine
Dr. Richard Mays, MD, BCFM, ABOM**

Save the Date! for this Open Forum Panel of esteemed Medical Doctors!

- **Bring your questions** about integrative medicine and well-being to share at the Open Forum session.
- Learn about these **Physicians' holistic health care philosophies and practices.**
- Learn how Complementary and Integrative health practices and therapies can contribute to **your well being and treatment of body dis-ease.**
- Discuss with the Physicians **complementary therapies** such as Ozone, Chelation, Intravenous Vitamin C, Pulsed ElectroMagnetic Field, Hyperbaric Oxygen, Micro-Current, and more!

Door Prizes: Will be announced at a later date

**Complementary Health
Education Organization
CheoKnox.org**

