



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, 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

Monday, September 11, 2017

The Oral Systemic Health Connection

Presenter: Steven Brock, DDS / Dental Images PC

Dr. Brock practices holistic dentistry In Knoxville. During his presentation he will explain how oral health is connected to whole body health and just why this is important to each of us. Additionally, **you will learn** about:

- The **most prevalent chronic silent infection** in the US today
- The **Oral connection to systemic inflammation**
- The **relationship of oral bacteria to systemic diseases**

Door Prizes: Two Books - "How to Beat the Heart Attack Gene" and "The Sleep Revolution" donated by Dr. Brock.

**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, 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

Wednesday, September 27, 2017

Reflexology and Thermography

Presenter: Carrie Wagner, RCR, CCTT, M.Ed., PhD student

Discover how therapeutic reflexology and thermography can be an integral part of your path to wellness and vitality. Since 1995, Carrie has been helping people get out of pain and safely detox their body.

- Learn foot and hand **reflexology treatments for pain that you can use** on you and loved ones.
- Learn the **benefits of Thermography for Breast Health** and Auto Immune Conditions.
- **Experience Facial Reflexology** Points/Meridian Points as you learn how to work on yourself.

Door Prize: All attendees will receive a \$20 discount coupon toward a Thermography session at Knoxville Reflexology (expires 12/31/17) donated by Carrie.

Complementary Health
Education Organization
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