



MONDAY, APRIL 13

- **CYNTHIA THURLOW**
- **TERRY WAHLS**
- **KATIE KIMBELL**



TUESDAY, APRIL 14

- **ROSEANN CAPANNA-HODGE**
- **NICOLE BEURKENS**
- **ELISA SONG**



WEDNESDAY, APRIL 15

- **DARIN INGELS**
- **TRACY GAPIN**
- **JOAN ROSENBERG**



We've heard from countless family, friends and patients and they all want the same thing – high quality, actionable information that helps them address the new challenges of COVID-10. They want to know what they can do to take control over the situation and change the focus from all the uncertainties reported on the news, to positive actions they can take at home to improve their health and the health of their family members. Parents have been especially concerned because they want to be honest with their children and guide them in a positive way, all the while keeping them safe.

During our 3 part mini-series, we will be sharing COVID-19 updates and what they mean for us and our families, but also having a big focus on supporting your overall health through simple everyday actions, food, family, and fun. You'll come out of this event with concrete strategies that you can start applying immediately to help keep you and your family safe and healthy through this pandemic and beyond.

Dr. Tom Moorcroft

Thank you for joining us.

>> Here's what you can expect to learn when you join us.



MONDAY APRIL 13

We're kicking off the event with a strong foundation discussing Food as Medicine

Our event starts off the Cynthia Thurlow, nurse practitioner, intermittent fasting and nutrition expert. Her TEDx talk on intermittent fasting went viral, having over 5 million views, because she breaks down using food as medicine into simple, clear steps that add up to huge impacts on your health. Not only is she a woman's health expert, but she's a mom who knows the challenges of implementing these health strategies with her family.

Next we'll be hearing from Dr. Terry Wahls world-renowned physician, researcher, and author of The Wahls Protocol. She had progressive Multiple Sclerosis that landed her in a tilt-recline wheelchair having failed conventional medical treatments. Her personal journey is truly inspiring as she restored her health using a diet and lifestyle program she designed specifically for her brain and now she is able to pedal her bike to work each day. Learn about the key food and lifestyle choices you can make right now to boost your immune system and improve long-term health.

Also, because cooking can often be challenging, especially when trying to get our kids to enjoy healthy, nourishing foods. We've got Katie Kimbell who along with her 4 children, created the Kids Cook Real Food eCourse. Her goal is to help other parents teach their kids to cook, build family connection in the kitchen and supercharge kids' confidence and creativity. The key to achieving that goal is to make cooking fun and a family event.



TUESDAY APRIL 14

After a great evening of talking about the importance of our eating choices and their role in our health, next we will dive even deeper into children's mental and physical health. We'll be focusing on what challenges to anticipate as the pandemic continues and how to best guide your

children through this time. Are you feeling the stress also? Don't worry there's plenty of great info for adults too! Dr. Roseann Capanna-Hodge is an expert on children's mental health and integrative therapies and co-author of "Brain Under Attack" a resource guide about PANS/PANDAS. She has helped thousands of children and young adults reverse the most challenging conditions such as ADHD, Autism, anxiety, depression, concussion, learning disability, Lyme Disease, and PANS/PANDAS using proven holistic therapies. We'll be talking about what concerns children have been having in response to the pandemic and how to most effectively talk to them about their concerns.

Many of us are now home with our kids and doing our best to help them adapt to the new experience of virtual online school. This can be challenging for even the most focused students, but what about our children who already have executive function and mental health challenges? Dr. Nicole Beurkens, Holistic Child Psychologist who is often referred to as The Learning and Behavior Detective, will be joining us to share her unique approach to unlocking better behavior, naturally.

Holistic pediatrician and creator of the Everyday Holistic Pediatrics program Dr. Elisa Song wrote one of the first and most comprehensive articles on COVID-19 as it relates to children's health. She's joining us to chat about what's she's seeing as the key steps you and your children can take to keep yourselves safe and healthy during the pandemic, including what medications or supplements should or shouldn't be used, actions you can start taking right now to quickly boost your immunity and the tricks she and her family are using to stay focused on health and maintain their daily routine.



WEDNESDAY APRIL 15

We'll kick the evening off with Dr. Darin Ingels. He's a naturopathic physician who specializes in the treatment of Autism, Lyme disease and autoimmune conditions. His

approach includes both prevention and recovery, and both include lots of self-care activities and dietary optimization. As you may have noticed, food is a big theme in optimizing health as well as preventing and recovering from illness. Dr. Ingels will share his expertise in natural medicines so we can be informed about herbals which may be helpful (or harmful) for prevention and treatment of viral illnesses.

After discussing natural medicine approaches to optimizing immune function, and what to do if you happen to get COVID-19, we'll hear from a doctor who himself had COVID-19.

Dr. Tracy Gapin is a board-certified urologist and men's health expert focuses on providing high-performing men a personalized path to optimizing health. He recently had COVID-19 and will be joining us to share his experience as a patient and doctor. What worked for him and what didn't. How it felt as a patient, what impact it had on his family and how they navigated through his illness. Some of the treatments he utilized may surprise, wow and inspire you.

Up until this point, we've learned ways to optimize our health and address the challenges you and your family are experiencing now. Many of these tips will lead to improvements in your long-term health and longevity, but let's not leave that up to chance.

Next, we'll move into a critical conversation about the importance of mindset in healing and creating our futures.

Dr. Joan Rosenberg, psychologist and author of 90 Seconds to a Life You Love, will help you discover how to master your difficult feelings, build confidence, resilience and create more meaning in your life. Her gift is guiding individuals to achieve their highest potential by helping them create, master and sustain desired changes.

Rather than have an ending to our event, we're finishing with an opportunity for a new beginning with a very special surprise guest.