

Healthy Traditions Network presents

Growing Connections 2008

Conference & Organic Harvest Festival*

Saturday, September 6th, 2008 9am to 6 pm

At Kensington Metropark Farm Center. Milford

Michigan's Largest one day sustainable living farmers market

Including organic farmers along with eco-friendly vendors, discover your local resources!



- ◆ Osteoporosis ~ *Dr. Richard Ng, M.D.*
- ◆ Detoxification ~ *Dr. Richard Ng, M.D.*
- ◆ Vaccinations ~ Mary Tocco
- ◆ Healthy children ~ Mary Tocco
- ◆ Herb as Medicine ~ Jim McDonald
- ◆ Cultured foods ~ Nancy Bently
- ◆ Nutrition facts and fallacies ~ Birgit ????
- ◆ Living the 100 year Life Style ~ *Dr. Eric Mintz D.C.*

Lectures & Workshops ~ Farmers Market ~ Exhibitor Booths ~ Petting Zoo ~ Children's Activities

For more information visit www.htnetwork.org, contact: 248-828-8494 or info@htnetwork.org

Attend up to four 90 minute lectures for \$35 pre-registration, four lectures for the price of one.
AN INCREDIBLE VALUE!!!

Pre-registration by September 3rd, & receive a eco-friendly cloth shopping bag filled with goodies CD's????
Cost is \$45 at the door.

Family Fun Festival is FREE!

Growing Connections Festival Sponsored by :



Healthy Traditions Network
Weston A. Price Foundation Chapter



*Certified Organic & Local, Environmentally-Conscious Grown Foods & Products

Conference Lectures & Workshops

9:30-10:50

Osteoporosis (1)

Learn how to prevent and reverse damage and learn about the dangers of the popular drugs being currently prescribed. *Presented by Dr. Richard Ng, M.D.*

An America Void of Nutrition (2)

9:30-10:50

In spite of several decades of low fat diets, medical science and pharmaceutical "advances", diseases like cancer, heart disease, hypertension and diabetes are on the rise. Americans are fatter and unhealthier than ever. Learn what went wrong, who Weston A. Price was and how lessons he learned from traditional diets can help you improve your health, longevity and vitality. *Presented By Birgit McQuiston*

11:00-12:30

Detoxification: (3)

We all have deep, intimate relationships with food as part of our daily lives. If we consider the many social and environmental issues facing the world today, we see that Food is the Revolution, and food is the starting point for understanding. *Presented by Dr Richard Ng, M.D.*

Are you smarter than Bacteria? (4)

Learn about cultured foods, their essence and mystery as well as the how-to's and benefits of our most ancient, vital and treasured foods. Take a look at the world of fermentation in a new light using a wider perspective. It is a secret missing link; a key to real eating enjoyment, health and longevity. *Presented By Nancy Lee Bently*

Lunch 12:30-2:30

Nutritious Boxed lunches available from Pure Foods 2 U.
Avoid the long lines....pre order your lunch. \$10.00

2:30-4:00

Are vaccines safe? (5)

This lecture will provide parents the factual pro's and con's of vaccines and help save children from un-necessary toxic shots that do not protect them or encourage real health. *Presented by Mary Tocco*

Proper use of popular herbs: (6)

If people use herbs, they're likely familiar with best sellers. But are they using them correctly? Unfortunately, many of the claims used to sell herbs to the public are overstated, understated, inadequate, or just plain wrong. Jim will discuss the proper usage of some of our most popular plant medicines. If you've ever used a combination of echinacea and goldenseal (which makes as much sense as mixing dark chocolate and tomato paste), you'll find this discussion both enlightening and empowering. *Presented by Jim McDonald*

4:10-5:30

Raising Healthy Children (7)

Empower and encourage parents to learn how the human body was meant to grow and function, with the focus on prevention through education with the emphasis on personal responsibility in health care. Americans must take back the health care industry.

Living the 100 year lifestyle (8)

Learn about the role of your Wellness Care Doctor in preventive health, how our current eating and lifestyle habits are injuring us and our children and causing disease, ways to improve those habits, and the potential we have to live a long and healthy life without drugs or surgery. If you have a family history of cancer, hypertension, diabetes or heart disease you need to be here. *Presented by Dr. Eric Mintz D.C.*

Audio recordings of lectures will be available for sale.

Keynote Speakers:

**Dr. Richard Ng
Mary Tocco**

Festival Schedule:

Conference Check-in & Registration

Begins at 8:45 am

Conference Presentations

9:30 am-5:30 pm

Farmers Market & Exhibitor Barn

10:00 am-6:00 pm

Conference Lunch Break

12:30-2:30

Children' Fun & Learning

Craft & Activity Area 11:00 - 4:00 ~ This area will be fun-filled with quality crafts and activities to nurture your children's love of what our Earth and communities have to offer. Available between 12 - 3 pm, your children will enjoy a huge variety of engaging crafts that will cultivate their imagination along with games & face painting.

Guided Programs 12:00 - 3:00 ~ This area will have guided workshops creating nutritious kid friendly snacks and eco-friendly crafts.

There will also be Kensington parks farm center activities petting farm activities along with face painting through out the day.

Special Notes

All pre-registrations will receive an awesome reusable eco-friendly bag filled with goodies and your name will be put in a raffle to win a full set of the conference cd's.

For your convenience to avoid a back up at the lunch line we you recommend pre-order a boxed lunch you can get more information on the lunches visiting our website or calling 248-828-8494.

You can pre-order directly from the farmers and select vendors call us or visit our website for more information.

Pre-registration is highly recommended as classroom space is limited.

Please register on-line or by phone, \$35 if registered by September 3rd, \$45 at the door.

For more information or questions, please contact 248-828-8494, info@htnetwork.org or visit www.htnetwork.org.

There is a metropark entrance fee of \$4 per car