



2024 CONFERENCE SCHEDULE

FRIDAY, APRIL 19

8:00-8:30 am Registration (*Recreation Center*)

8:30-8:45 am Welcome and Introduction (*Community Center*) ALL ATTENDEES

8:45 am-12 pm Intensive Sessions (*pre-registered for*)

- Main Room: *Holistic Cancer Care* with Yvonne Fey, LMT and Marvin Hershberger, ND
- Room B: *Junior Herbalism for Kids* with Karen Geiser
- Room C: *Honey-Based Herbal Remedies* with Dawn Combs, MA
- Room D: *The Fermented Kitchen* with Kimberly Hartzler and Joy Steiner

Adult intensive sessions includes a 15-minute break; Kids' session includes additional breaks

12:00-1:00 pm Lunch (*Community Center, pre-purchased ticket required*)
& Conference Registration (*Recreation Center*)

1:00-1:30 pm Welcome and Introduction (*Community Center*) ALL ATTENDEES

1:45-2:30 pm Breakout Sessions (*no pre-registration required, select one*):

- Main Room: *Functional Medicine: The Roadmap to Regenerative Performance*, Aric Freischlag, DPT, CPT, FMT
- Room B: *DIY Personal Skincare Basics*, Carrie Perkins
- Room C: *Turn Lemons into Lemonade: Mindset Shifts for Vibrant Wellbeing*, Christine Hockman
- Room D: *Transforming Your Family's Plate*, Sarah Madden, A-CFHC, NBHWC

2:45-3:30 pm Breakout Sessions (*no pre-registration required, select one*):

- Main Room: *Let's Play Two Truths and a Lie with Essential Oils*, Kristen Smith
- Room B: *Calming Strategies for Sensory Overload*, Rachel Russell, MS OTR/L
- Room C: *Beating Stress and Finding Success Through Gratitude and Faith*, Adam Bryant
- Room D: *Healthy Meal Planning Made Simple + Cooking Demo*, Kathleen Madden, MS

3:45-4:30 pm Breakout Sessions (*no pre-registration required, select one*):

- Main Room: *Are You Breaking the 1st Law in the Divine Design for Health?*, Bryan Spilmon, DDS
- Room B: Prayer and Reflection Room Open
- Room C: *Herbal First Aid*, Anna Edgington

4:30-5:00 pm Vendor hall open + demos at the Seeking Whole Health table

SATURDAY, APRIL 20

8:00-9:00 am Registration (*Recreation Center*)

9:00-9:45 am Welcome and Introduction (*Community Center*) ALL ATTENDEES

Keynote Address: Dawn Combs, MA

10:00-10:45 Breakout Sessions (*no pre-registration required, select one*):

- Main Room: *Budget-Friendly Holistic Health*, Karen Geiser
- Room B: *Nutrition for Two: From Preconception Through Breastfeeding*, Sarah Madden, A-CFHC, NBHWC
- Room C: *Muscle Mass for Longevity*, Kevin Heine, ACSM-EPC, NBC-HWC
- Room D: *Mind-Body Approaches to Improve Mental & Physical Health*, Gina Patterson, Psy.D

11:00-11:45 Breakout Sessions (*no pre-registration required, select one*):

- Main Room: *The Gentle, Healthy Way to Detoxify*, Yvonne Fey, LMT
- Room B: *The Four Ws of Chiropractic and Gentle Adjusting*, Kristen Eash, DC
- Room C: *Finding Health & Healing Through Local Medicinal Weeds*, Dawn Combs, MA
- Room D: *Gut Health and Its Connection to the Immune & Nervous Systems*, Marvin Hershberger, ND

12:00-1:30 pm Lunch (*pre-purchased ticket required*) & Vendor Hall Time

1:30-2:15 pm Breakout Sessions (*no pre-registration required, select one*):

- Main Room: *The 5 Pillars of Optimal Wellness*, Dale Capela, DC
- Room B: *ABCs of Pelvic Health for Women (Ladies Only)*, Rachel Russell, MS OTR/L
- Room C: *Animal Herbalism*, Anna Edgington
- Room D: *Gluten and Dairy: To Eat or Not to Eat?*, Lori Bryant, FNTF

2:30-3:15 pm Breakout Sessions (*no pre-registration required, select one*):

- Main Room: *Cancer and Your Teeth*, Brian Spilmon, DDS
- Room B: Prayer and Reflection Room Open
- Room C: *Building Health Through Building Community*, Marlin Miller

3:30-4:00 pm Closing remarks & Announcements (*Community Center*)

ALL ATTENDEES

4:00-5:00 pm Vendor hall open + demos at the Seeking Whole Health table

*Beloved, I pray that you may prosper in all things
and be in health, just as your soul prospers.*

3 John 1:2 NKJV

About Our Speakers



Dawn Combs, Keynote Speaker

Dawn Combs, M.A., Certified Herbalist, is an Ethnobotanist and functional foods expert. She is the best-selling author of the books *Sweet Remedies*, *Heal Local*, and *Conceiving Healthy Babies*.

Popular as a contributor, speaker, and featured in various media outlets, Dawn is best known for her expertise in using honey and plant-based sugars as a medium for medicine-making and for empowering people in their innate wisdom to be well using local food medicine. The Combs family were named "Homesteaders of the Year" by Mother Earth News magazine for their life on the internationally renowned Soda Farm, a United Plant Savers (UpS) botanical sanctuary and teaching facility. Dawn and her family model how to grow personal health with a strong community focus, practical solutions, and Creator-made foods and remedies through her online membership forum and apprenticeship and her unique line of healthy soda supplements at SodaFarm.com.



Lori Bryant, Co-Director of Seeking Whole Health

Lori is a Functional Nutritional Therapy Practitioner who believes God created us to be in health. She believes in looking at the body holistically and searching for root causes to address instead of chasing symptoms. As co-founder and director of Seeking Whole Health, she is passionate about supporting others on their own unique health journeys.



Kristen Smith, Co-Director of Seeking Whole Health

Kristen believes natural health is a blessing from God that you can start enjoying right now, one simple step at a time. She's an herbalist and aromatherapist with multiple natural health certifications. Along with co-founding and directing Seeking Whole Health, you can find her at [A Better Way to Thrive](#), her Christian natural health blog.



Karen Geiser, Local Connections Coordinator & Co-Founder of SWH

Karen lives with her family on a farm in Kidron where they raise pastured meats, salad greens, medicinal herbs, cut flowers, and more. They are thankful to be stewards of a beautiful part of God's creation and Karen enjoys teaching skills that will enable others to care for their families naturally.



Adam Bryant

Adam Bryant is the owner of HTZ Construction. His own journey to health began in 2017 when he stumbled into the holistic health world with his wife, Lori. Through personal research, trial, and error, he healed from various chronic health conditions and is now enjoying optimal health. Adam's mission is to serve God first in all he does, fulfill God's calling on his life, and help others live healthy lives free of fear and debilitating disease.

About Our Speakers



Dale Capela, DC

Dr. Dale has been partnering with patients in the pursuit of optimal wellness for the past 25 years and believes God has designed our bodies to heal and function well. As a chiropractor, Dr. Capela specializes in neurology, and therapies, and is trained in pediatric adjustments. He continually educates himself and cares for his patients with the most up-to-date therapies and techniques to support their whole body care.



Kristen Eash, DC

Dr. Eash has seen through her 24 years of practice that good health is striving to achieve optimal physical, mental, emotional, relational and spiritual well-being, expressed in and through the bodies God has designed and given to us. Our health is a journey of making good, God-honoring choices and Chiropractic care is one of those choices.



Anna Edgington

Anna completed the Master Herbalist program from Dr. Christopher's School of Natural Healing. She teaches herbal classes at her family farm, Milk & Honey Acres, where they also sell homemade skincare, pastured animal products, and hand-knit craft items. Anna says "God has given us the plants. We just need to learn how to use them."



Yvonne M. Fey, LMT, CAP

Embracing a holistic approach to health care for almost 50 years, Yvonne is celebrating 25 years as a Licensed Massage Therapist and advanced Bodyworker. She specializes in orthopedic, oncology, trauma, uterine and fertility, lymphatic, and digestive/elimination health struggles.



Aric Freischlag, DPT, CPT, FMT

Dr. Aric's passion is to help individuals of all backgrounds and ages get their bodies to a place where they thrive and unlock their God-given healing potential. By taking a comprehensive holistic approach to healing, Dr. Aric specializes in empowering individuals to reach optimal wellness and live the healthiest version of themselves. Dr. Aric oversees the Functional Medicine department at Complete Chiropractic and Living Well in Wooster.



Kimberly Hartzler

Kimberly, her husband, and 3 boys steward the calling of Selah Farms. They are surrendered to the old-fashioned ways of traditional nutrition, raising their animals on pasture to have the most nutrient dense meats and bone broth. They are steadfast in their purpose to live a slow yet purpose-filled life echoing Jeremiah 6:16.

About Our Speakers



Kevin Heine, ACSM-EPC, NBC-HWC

Kevin is an Exercise Physiologist who is passionate about helping people make meaningful behavior change in their lives. Recognizing a need to help people with more than just movement, Kevin continued his education and growth by becoming a Functional Medicine-trained, board-certified Health Coach. Kevin loves “getting into the weeds” with his patients, digging into what really motivates them, setting meaningful goals, and helping them create a plan to reach those goals.



Marvin Hershberger, ND

As a Traditional Naturopathic Doctor, Marvin is passionate about helping people thrive in the face of illness. Marvin embraces the Terrain approach to medicine which addresses root causes rather than disease or symptom management. He enjoys homesteading in Fresno Ohio with his wife Elsie and four children.



Christine Hockman

Christine is an inspirational speaker, coach and founder of One Degree Shifts who is on a mission to shift the way we live, lead and build team cultures so that each person can show up as their authentic, best self and feel fueled with a new level of purpose, confidence, vibrancy and joy



Kathleen Madden, MS

Kathleen holds a master’s degree in clinical nutrition. At 24 Karrot Kitchen, she brings healthy food to life with her nutrition education and enthusiasm. Based on her health journey, Kathleen’s mission is to Teach, Nourish, and Heal with her food. Her vision is to create a nurturing environment that inspires individuals and the community to prioritize their health and well-being.



Sarah Madden, A-CFHC, NBHWC

After overcoming her own health crisis, Sarah completed the ADAPT Functional Health Coaching Program and later earned her National Board Certification in Health and Wellness. Since then, she’s held group classes, coached individual clients, and immersed herself in the health and wellness world.



Marlin Miller

Marlin Miller and his wife have adopted their four children, all of whom have special needs. He publishes a monthly magazine, Plain Values, focusing on faith-centered simple living. He and his family are restoring an 1850 one-room schoolhouse on their homestead to be used for educational purposes once again.

About Our Speakers



Gina Patterson, Psy.D

Gina is a wife, mother, Clinical Psychologist, and daughter of God. Her clinical practice has focused on helping people recover from abuse from childhood or adulthood. She has observed directly in 30 years of clinical practice how the mind and body influence each other. She provides psychotherapy from a mind, body, and spirit approach to attain complete healing.



Carrie Perkins

Carrie is a homeschool mama of four who has been on a journey to holistic living for 15 years. Along the way, she has learned many skills, including how to make nearly all of her skin and body care products at home. Her passion is for learning simple and sustainable practices that help lead us into the fullness of life that God created for us to enjoy.



Rachel Russell, MS OTR/L

Rachel is an occupational therapist who specializes in pelvic health and sensory processing. Her approach honors your body's innate wisdom to heal itself because you know your body better than anyone. She considers not only your physical health, but also your mental, emotional, and energetic bodies to provide you with complete, in-home holistic care.



Bryan Spilmon, DDS

Bryan describes himself as a "recovering dentist" who honors God's natural laws to correct serious dental issues relating to chronic systemic conditions such as cancer, autoimmunity, heart disease and much more.



Joy Steiner

After an emergency c-section and course of antibiotics, Joy realized she needed to do something to rebuild her gut. A friend offered her homemade "kim-chi" to help and it did! Over the next few years, the Lord continued to help her grow to step outside of her comfort zone in many areas. Joy began making my own ferments and worked to improve the gut health of her whole family. She now loves to share how simple fermenting can be and how it can benefit your health!

We thank these talented people for being here to share their knowledge, experience and passion with us!

Do you have a favorite speaker or practitioner that you'd like to see on this list? Let us know and maybe you'll see them at a future Seeking Whole Health Event.

COMMUNITY CENTER

<p>MENS COAT NURSING LADIES ROOM ROOM MOTHERS ROOM</p> <h2>MAIN ROOM</h2>	<h2>ROOM B</h2>
<p>FRIDAY 4/19</p> <p>8:30 - Opening Remarks</p> <p>8:45 - Holistic Cancer Care</p> <p>12:00 - Lunch</p> <p>1:00 - Conference Kick Off</p> <p>1:45 - Functional Medicine: The Roadmap to Regenerative Performance</p> <p>2:45 - Let's Play Two Truths and a Lie with Essential Oils</p> <p>3:45 - Are You Breaking the 1st Law in the Divine Design for Health?</p>	<p>SATURDAY 4/20</p> <p>9:00 - Opening Remarks & Keynote Address</p> <p>10:00 - Budget-Friendly Holistic Health</p> <p>11:00 - The Gentle, Healthy Way to Detoxify</p> <p>12:00 - Lunch</p> <p>1:30 - The 5 Pillars of Optimal Wellness</p> <p>2:30 - Cancer and Your Teeth</p> <p>3:30 Closing Remarks, Giveaways & Announcements</p>
	<p>FRIDAY 4/19</p> <p>8:45 - Junior Herbalism for Kids</p> <p>1:45 - DIY Personal Skincare Basics</p> <p>2:45 - Calming Strategies for Sensory Overload</p> <p>3:45 - Prayer and Reflection Room Open</p>
	<p>SATURDAY 4/20</p> <p>10:00 - Nutrition for Two</p> <p>11:00 - The Four Ws of Chiropractic and Gentle Adjusting</p> <p>1:30 - ABCs of Pelvic Health for Women</p> <p>2:30 - Calming Strategies for Sensory Overload</p> <p>3:30 - Prayer and Reflection Room Open</p>
	<h2>PARKING</h2>

RECREATION CENTER

<p>SWH TABLE: REGISTRATION & INFORMATION</p> <p>COFFEE & TEA</p> <p>VENDOR HALL</p> <p>RESTROOMS</p> <p>PHOTO BOOTH</p>	<h2>ROOM C</h2>
	<p>FRIDAY 4/19</p> <p>8:45 - Honey-Based Herbal Remedies</p> <p>1:45 - Turn Lemons into Lemonade: Mindset Shifts for Vibrant Wellbeing</p> <p>2:45 - Beating Stress and Finding Success Through Gratitude and Faith</p> <p>3:45 - Herbal First Aid</p>
	<p>SATURDAY 4/20</p> <p>10:00 - Muscle Mass for Longevity</p> <p>11:00 - Finding Health & Healing Through Local Medicinal Weeds</p> <p>1:30 - Animal Herbalism</p> <p>2:30 - Building Health Through Building Community</p>
	<h2>ROOM D</h2>
	<p>FRIDAY 4/19</p> <p>8:45 - The Fermented Kitchen</p> <p>1:45 - Transforming Your Family's Plate</p> <p>2:45 - Healthy Meal Planning Made Simple + Cooking Demo</p>
	<p>SATURDAY 4/20</p> <p>10:00 - Mind-Body Approaches to Improve Mental & Physical Health</p> <p>11:00 - Gut Health and Its Connection to the Immune & Nervous Systems</p> <p>1:30 - Gluten and Dairy: To Eat or Not to Eat?</p>

2024 VENDOR DIRECTORY

BACKYARD HERBS: 8128 Mauerer Road, Apple Creek, OH. - herbal resources & products, bulk herbs, growing supplies

BOHEMIAN MAMA: thebohemianmama.guru - natural handcrafted products & remedies

CHARM WELLNESS : 4402 OH-557, Millersburg, OH 44654 - Integrated health center

COMPLETE CHIROPRACTIC: completechirolife.com- Holistic chiropractic practice offering additional health and wellness solutions

THE COPPER FOX MAKERY: thecopperfoxmakery.com - boho textiles including rugs, wall hangings, floor pillows and more

COUNTRY BLOOM FARM: countrybloomfarm.etsy.com - all natural skincare, soaps, tallow balm

EVE'S PHARMACY: evespharmacy.com - teas, herbal & culinary herbs

GRACEFULLY WRAPPED: gracefullywrapped.com - faith based jewelry and apparel

GRACIE'S SNACK SHOP: graciebryant112@gmail.com - Kid-created wholesome snacks made with quality, whole food ingredients

JULIA MULHEREN ART: juliamulheren@gmail.com - Original photography, art & paper crafts

KAREN'S GARDEN: IG @karensarden __ - elderberry plants, flower plants, seeds and more

24 KARROT KITCHEN: 24kkitchen.com - Prepared foods, desserts, and snacks made from healthy, nourishing ingredients

MILK & HONEY ACRES: Loudonville, OH; 419-938-7000; milk-honey@juno.com Handmade soaps, remedies, skincare, and fiber arts

NEWLIGHT HEALTH: 290 Sawmill Rd, Newport, PA 17074 (717) 692-3500 - Wide selection of herbal products, nutritional supplements, personal care products, cleaning products, & more

NATURAL HOPE HERBALS: naturalhopeherbals.com - herbal health products

OMG GRANOLA: omggranola.com - Locally-sourced, whole food granola and energy balls

PRACTICAL HEALING: practicalhealingcenter.com - functional medical center

ROOTED PELVIC WELLNESS: rootedpelvicwellness.com - In-home pelvic floor physical therapy, pregnancy and postpartum support, and nervous system regulation

RUSTIC LANE COMPANY: rusticlanecompany.etsy.com - jewelry and snugglers/plushies

SELAH FARMS: selahfarmsohio.com - family run pasture raised beef, chicken and more

SODA FARMS: sodafarm.com - Books, herbal remedies & more from herbalist Dawn Combs

STERLING CHIROPRACTIC: sterlingchiropractic.com - Gentle chiropractic care & nutrition counseling for the whole family

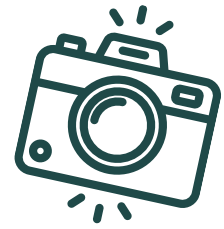
SWISS MEADOWS DAIRY: swissmeadowsdairy.com - Grassfed, raw milk cheeses made from pastured Jersey cow milk

TONN'S HONEY: tonnishoney.com - honey, bee pollen, creamed honey, beeswax products, candles

WESTON A. PRICE FOUNDATION (Wayne County Chapter): Traditional food and nutrition information based on the work of Dr. Weston A. Price Questions? Reach out to Julia Gasser 330-641-2293 or gnjgasser@gmail.com. Facebook Group "Wayne Co Ohio Weston A Price Chapter.

Give us your best shot!

PHOTO CONTEST



1. Take great photos throughout the event.
2. Upload them to Instagram, Twitter, Facebook, Gab, or MeWe with the hashtag #seekingwholehealthconference.
3. If you take our favorite photo, you get a free 2-day conference pass to next year's conference!

Rules: Posts must be public so we can see them. By sharing public photos with our team, you grant permission for us to share them in future marketing efforts. Please get permission from others if their face is included in your photograph. Winner will be chosen at the discretion of the SWH team by 05/01/2024

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Owned by Dr. Dale and Lydia Capela



Dr. Dale Capela is a Christ follower, husband, father and the owner, along with his wife Lydia, of Complete Chiropractic and Living Well. They live on a farm in the beautiful countryside of Wayne county and together have 6 children, who they homeschool, raise Valais sheep, Nigerian Dwarf goats, horses, and chickens. Dr. Capela graduated from Life University in '97 and has served thousands of families in Wayne County and the surrounding areas for the past 25 years! His mission is to partner with his patients in the pursuit of optimal wellness. He believes God has designed our bodies to heal and function well, and he aids in helping patients realize that reality. Dr. Capela has attended several chiropractic missions trips in India, Mexico and the Dominican Republic. He is also a key contributor for the New York Times Bestseller "Body By God" written by Dr. Ben Lerner. As a chiropractor, he also specializes in neurology, therapies, is trained in pediatric adjustments, and has brought in an additional doctor and assistants to aid in functional wellness and weight-loss resistance for patients' whole body care. Dr. Capela continually educates himself and cares for his patients with the most up-to-date therapies and techniques. He is grateful for the opportunity to continue to lead his community in pursuing true health and wellness and is ready to serve you and your family.

What We Offer:

Chiropractic/Functional Neurology
Weight Loss

Red Light Therapy

Functional Wellness



Functional Wellness Special Offer of \$49:

Discovery Consult, Metabolic Assessment, Symptom Analysis and Past Health History Review

(valued at \$115)

Weight Loss Special Offer of \$49:

3D Body Scan, Body Contouring Session, Consultation

(Valued at \$385)

Chiropractic/Functional Neurology Special Offer of \$147:

Complete Neuro Exam: Including X-Rays, Nerve Scan, Report of Findings

(Valued at \$510)

**Conference specials expire May 20th, 2024

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2023

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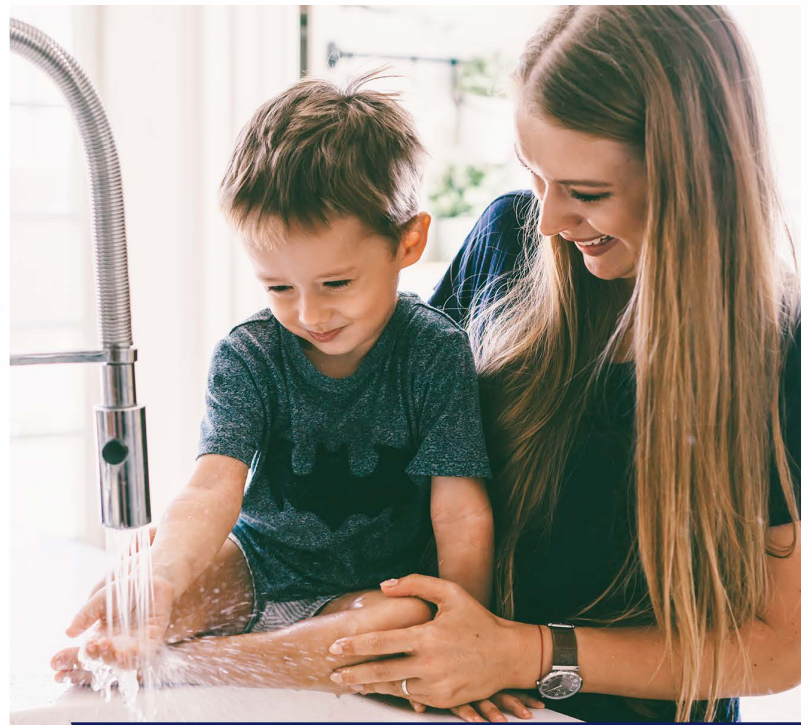
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TRANSFORMATIVE CONSTRUCTION



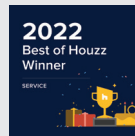
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 We operate with fairness, transparency and integrity.
 We believe that “good enough” is never good enough.
 We strive to be detail oriented and efficient.
 We deliver a superior experience and uncompromising quality.

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- > GAME ROOMS



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Local Farm Connections

We're delighted to share with you some local farms and food producers. If you know of a farm or producer we should add to our list, please make a note on your attendee feedback sheet. We'd love to include as many local food connections as possible!

Many thanks to the Wayne/Holmes County chapter of the Weston A. Price Foundation for helping us put together this list.

Organic Produce

Autumn Harvest Farms, Marcus & Beth Ladrach

5109 Rice Hill Rd.

Wooster, OH 44691

(330) 749-4913

grassfed@autumn-harvest-farm.com

www.autumn-harvest-farm.com

Certified organic vegetables available at The Wooster Farmer's Market & Local Roots. They also offer 100% grassfed angus-cross beef, raised on organic pasture using a rotational grazing system.

Drift Hills Farm, Sam Sneller

(330) 749-8661

drifthillsfarm@gmail.com

www.drifthillsfarm.com/csa

About 75 varieties of vegetables. Not certified organic, but grown with organic methods. No-till, small-scale, family farm located outside of Jeromesville. CSA delivery to Wooster every Monday.

Avodah Sustainable Acres, Andrew & Haylee Keeler

9940 Akron Rd.

Rittman, OH 44270

(419) 204-1872

Akeeler2115@gmail.com

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thebarn@wholesomevalleyfarm.com

www.wholesomevalleyfarm.com

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Venture Heritage Farm, Jon Detweiler

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info@ventureheritagefarm.com

www.ventureheritagefarm.com

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Raw Milk & Dairy Products

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6231 TR 605

Millersburg, OH 44654

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Blue Loon Farm, Courtland & Jenny Rocco

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courtland@blueloonfarm.com

www.blueloonfarm.com

USDA Certified organic, 100% grassfed farm with Jersey dairy and beef, Tunis sheep, and heritage breed layers. Herd shares available!

Paul Yoder

8561 Bear Hollow Rd.

Apple Creek, OH 44606

(330) 466-7936

yodergrassfedmeats@gmail.com

100% Grass-fed raw dairy herd share, along with pastured beef, lamb, pork, and poultry (including broilers, turkeys, and eggs). Maple syrup and honey also available.

Sam & Sue Beiler

(717) 381-6925

Nourishing Traditions raw goat milk baby formula (Recipe from Sally Fallon) made into a freeze dried powder formula, available for shipping.

Crabby Goat Farm, Kate Kavouras

2563 Emmett Dr.

Akron, OH 44312

(312) 388-3141

<https://crabbygoatfarm.wordpress.com>

Goat milk herd shares available, raised by a homesteading family

Belvedere Farms

8285 River Styx Rd.

Wadsworth, OH 44281

raelenebradley@gmail.com

Raw Jersey milk herd shares, grass-fed beef, pasture-raised meat chickens, free-range eggs, and farm fresh pork. Email for a list of farming practices or to set up a farm visit.

Middlefield Original Cheese

16942 Kinsman Rd.

Middlefield, OH 44062

(440) 632-5567

Wide variety of cheeses available: 100% Grass-fed cheese (not certified, but organically raised), Certified organic cheese, Raw Cheese, Goat Cheese

Pastured Meat & Eggs

Selah Farms Ohio, Jordan & Kimberly Hartzler

3287 Apple Creek Rd.

Smithville, OH 44667

(330) 465-7011

info@selahfarmsohio.com

www.selahfarmsohio.com

100% grassfed beef, raised on organic pastures. Pastured, free roaming chickens fed a non-GMO grain. Eggs also available.

Elm Run Farms, Ken & Sandy Ressler

16808 Burkhart Rd.

Orrville, OH 44667

(330) 317-7283

sandy@elmrnfarms.com

www.elmrnfarms.com

Pastured beef, chicken (meat & eggs), turkey and pork. Beef is 100% grassfed. Chickens, Turkey, and pigs are given a non-gmo grain to supplement their foraging. Store on their farm with shipping available.

Autumn Harvest Farms, Marcus & Beth Ladrach

5109 Rice Hill Rd.

Wooster, OH 44691

(330) 749-4913

www.autumn-harvest-farm.com

100% grassfed angus-cross beef, raised on organic pasture using a rotational grazing system.

Matt Gasser

10148 Eby Rd.

Sterling, OH 44276

(330) 939-5980

Pastured chickens and eggs from chickens fed soy-free, certified organic grain. Hand collected, home-cooked Maple Syrup. Occasionally lard is also available from pasture-raised, organically fed American Guinea Hogs.

Green Vista Farm, Jonathan & Deb Berger
8200 Lattasburg, Rd.
Wooster, OH 44691
(330) 464-4358
www.greenvistafarm.com
100% grassfed beef and non-gmo pork

Blue Loon Farm, Courtland & Jenny Rocco
13085 North Elyria Road
West Salem, Ohio 44287
www.blueloonfarm.com
courtland@blueloonfarm.com
Pastured beef, poultry, and lamb in Wayne County. Also offering dairy herd shares.

Caleb Schmidt
11555 TR 517
Shreve, OH
(330) 234-0826
calebschmidtphotography@gmail.com
Pastured quail, chickens, turkey and eggs. Birds fed additional fermented non-GMO feed. Raw milk herd share from pastured Jersey cow and/or Nigerian dwarf goat available.

Glenview Acres
1491 Manchester Ave. SW
North Lawrence, OH 44666
(740) 616-0294
glenviewacresfarm@gmail.com
www.glenviewacres.com
Grassfed beef & lamb, pastured pork, chicken & eggs (supplemented with organic grain.)

The Shepherd's Market, Joseph & Marion Yoder
13306 County Rd. 100
Big Prairie, OH 44611
(330) 496-3143
shepherdsmarket@live.com
Store on the farm (9a-6p M-Sat). Pastured beef, lamb, turkey, chicken (meat & eggs), and pork. No GMOs, nitrates, or preservatives used in processing. Honey collected on site from chemical-free hives.

Paul Yoder
8586 Bear Hollow Rd.
Apple Creek, OH 44606
(330) 466-7936
yodergrassfedmeats@gmail.com

Grass-fed dairy, beef & lamb; pastured pork and poultry (including broilers, turkey & eggs); Maple Syrup and honey.

Landwell Farm

(330) 749-2684

landwellfarm@gmail.com

www.landwellfarm.com

Pastured eggs and heritage breed turkeys. Farm & floral products that are better for you, and for the land.

Matt Falb

1927 Tannerville Rd

Orrville OH 44667

330-347-9990

Mattdf2@yahoo.com

Grass fed and finished beef. A Certified organic, biological farm promoting life both below and above the ground. Beef is available in quarter, side or whole.

Harmon Creek Farms, Cheri Ramsburg and Christian Ramsburg

13222 Congress Lake Ave. NE

Hartville, OH 44632

330-418-5847

info@harmoncreekfarms.com

<https://www.harmoncreekfarms.com/>

Pastured beef, pork, chicken, and eggs, as well as raw honey. Beef is grass-finished while pork and chicken get GMO-free additional feed.

Chandler Hill Farm

12375 Pond Road

Burton, Ohio 44021

440-313-4179

tamsinandscott@chanderhillfarm.com

<https://chanderhillfarm.com/>

Grassfed and finished beef and lamb; pastured pork, chicken, and eggs; heirloom vegetables and artisan products from a regenerative farm.

Destiny Farm Cattle

3821 Granger Rd Medina, Ohio 44256

<https://www.destinyfarmcattle.com>

Grassfed beef and pastured pork, lamb, and poultry, along with local dairy and eggs. Online ordering available.

Never Tread Farmstead, Alexander and Kaylie Michels

Dresden, Ohio

(740) 739-2333

info@thenevertreadfarmstead.com

<https://www.thenevertreadfarmstead.com/>

Grassfed and finished beef, teaching kitchen, and regenerative farming consulting by two military veterans.

Sourdough Bakeries

Amanda Green
(330) 234-3237

Home bakery specializing in locally grown, organic ancient grain breads, pastries, and baked goods prepared with sourdough methods every time. Customizable subscriptions available.

Heritage Bread Company, Jani Hershberger
Canton, OH

heritagebreadcompany@gmail.com

www.facebook.com/heritagebreadcompany

Cottage micro bakery offering freshly baked sourdough loaves made with local, organic grains, and other seasonally inspired baked goods. Contactless pickup days every Tuesday and Friday.

THE FOUNDATIONS OF HEALTH

You Are What You Absorb

Eating a nutrient-dense diet is essential, but you must actually absorb the nutrients you eat to benefit from them.

Water is Life. Life is Water.

Water is the most important nutrient in the body, making up 60% of a human's total body mass.

What Goes Up, Must Come Down

Keeping your blood sugar stable provides stable energy and helps the body naturally balance weight.

Mighty Minerals

Minerals help build bones and lend a helping hand in balancing hormones and many key body processes.

Fats Are Your Friends

Fats are required for stable energy, brain function, hormone balance, and satiety.

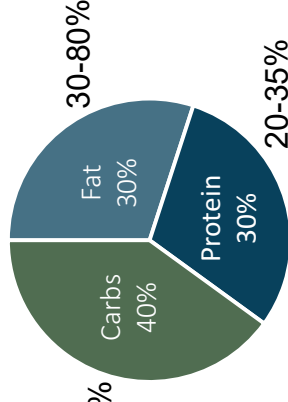


Real Food Builds Real Health

A diet rich in nutrient-dense, properly prepared, whole foods is the ultimate foundation of optimal health.

MACRONUTRIENT GUIDELINES

Macronutrient Ratios: Starting Point



Each individual's ideal fat, protein, and carbohydrate intake will vary based on activity level, goals, digestive health, age, etc., but as a basic starting point, aim for 30% of calories from protein, 30% from fat, and 40% from carbs. Then adjust as needed using the tips on the next page to ensure satiety, avoid cravings, support energy needs, and promote wellbeing.

Note, these are starting ratios. Healthy cultures around the world have been found to have a variety of macronutrient ratios. Carbs have ranged from 5-40%, fat has ranged from 30-80% and protein ranged from 20-35%. Various imbalances may require different ratios to help the body balance.

Healthy Sources of Fat	Healthy Sources of Protein	Healthy Sources of Carbs
<ul style="list-style-type: none"> • Omega-3s (Polyunsaturated): Mackerel, salmon oil, cod liver oil, walnuts, chia seeds, herring, salmon (wild-caught), flax seeds, tuna, white fish, sardines, anchovies, natto & pasture-raised egg yolks • Omega-6s (Polyunsaturated): Blackcurrant seed oil, evening primrose oil, sunflower oil, sesame oil, flaxseed oil, pistachio nuts, pumpkin seeds & sunflower seeds • Omega-9s (Monounsaturated): Olives & olive oil, avocados & avocado oil, almonds & almond oil, hazelnuts & hazelnut oil, macadamia nuts & macadamia oil • Saturated: Fats from pasture-raised animals, organic virgin coconut oil & organic palm oil <p>Note: Polyunsaturated fatty acids are very delicate. Oils should never be heated or cooked. Enjoy drizzled cold on meals.</p>	<ul style="list-style-type: none"> • Seafood: Wild caught fish and seafood, preferably smaller fish lower on the food chain to avoid bioaccumulation of heavy metals. • Meat: Organic, 100% grass-fed, pasture-raised ruminant animals (e.g. beef, lamb, bison, buffalo, elk, goat, etc.). • Poultry & Eggs: Organic, 100% pasture-raised poultry and eggs (e.g. chicken, turkey, duck, etc.). • Dairy: Organic, raw, full-fat, 100% grass-fed or pasture-raised milk products (e.g. cream, milk, cheese, cottage cheese, etc.). • Nuts, Seeds & Legumes: Soaked and sprouted nuts, seeds, and legumes (e.g. pumpkin, sunflower, almond, walnut, macadamia, pistachios, etc.). 	<ul style="list-style-type: none"> • Vegetables: Eat a wide variety of local, organic, in-season vegetables, aiming to eat as many colors as possible, at least some raw, with an emphasis on leafy green vegetables • Fruit: Always in their whole form (avoid fruit juices), preferably organic (especially when consuming the skin) and in-season* • Tubers & Squash: Active, pregnant, or breastfeeding individuals should include a variety of starchy vegetables, including sweet potato, yams, taro, plantains, pumpkin, parsnips, rutabaga, etc.* • Properly Prepared Grains & Legumes: Only if tolerated and only when properly prepared (i.e. soaked, spouted, or fermented)* <p>*Those with blood sugar issues, insulin resistance, etc. should limit consumption of fruit, starchy vegetables, grains & legumes.</p>

MACRONUTRIENT GUIDELINES

Macronutrient Ratios: Fine-Tuning

1-3 hours after each meal, review the following and take note of how

Category	Right Macronutrient Ratio	Wrong Macronutrient Ratio
Appetite, Fullness, Satisfaction & Cravings	<ul style="list-style-type: none"> You feel full and satisfied. You do not have sweet cravings. You do not desire more food. You do not get hungry soon after eating. Do not need to snack before next meal. 	<ul style="list-style-type: none"> You feel physically full, but are still hungry You don't feel satisfied You feel like something was missing from the meal You have a desire for sweets You feel hungry again soon after the meal You need to snack between meals
Energy Levels	<ul style="list-style-type: none"> Your energy is restored after eating. You have strong energy and a long-lasting sense of wellbeing after your meal. 	<ul style="list-style-type: none"> You experience an energy drop, fatigue, exhaustion, drowsiness, or lethargy. You experience listlessness or sleeplessness. You become hyper, jittery, shaky, or anxious after your meal. You feel hyper but exhausted underneath.
Mental & Emotional Wellbeing	<ul style="list-style-type: none"> Improved well-being. Feel refueled or restored. Uplift in emotions. Improved clarity of mind. Normalization of thought processes. 	<ul style="list-style-type: none"> Mentally slow, sluggish, or spacey. Inability to think clearly and quickly. Overly rapid thoughts. Inability to focus. Hypo-apathy, depression, or sadness. Hyper-anxiety, obsessive behavior, fearfulness, anger, or irritability.

