



Healing community unites through education at Holistic Health Fair March 17

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The word "doctor" originates from the Latin word "docere," meaning "to teach." Traditionally, integrative health providers from all corners of the planet and environmentally focused people who work to improve the planet rely on the healing power of education.

From 9 a.m. to 4 p.m., Saturday, March 17, the local community will come together at Cape Henlopen High School in Lewes at the 18th Annual Holistic Health Fair to teach and expand the Cape community's knowledge of healthy food, lifestyle choices, local therapists and sustainable living practices. Admission is free, and food donations are welcome at the door.

On a journey for health and balance, it is not uncommon for a person to be led to a new perspective from a story or a personal friend's experience with a new idea. Over the years, attendees of the Holistic Health Fair have consistently raved about a person, a service or healer that they met at the fair who helped them take one step closer to a place of balance in their own lives.

As chiropractic doctors, Drs. Jessica Bohl, Douglas Briggs, Trip DelCampo and John Rees of First State Health and Wellness know this all very well. "It is one of my greatest joys to watch the changes in a client who responds to our treatments. First, they find some relief, then they learn more about how the various symptoms they have been suffering are all connected, and then they become empowered to be an active part of their own healing process," said Bohl. "It is what inspires me to be a chiropractor."

Mark Stoehr is a licensed acupuncturist in Ocean City, Md., whose love for stories helps make him a great listener. "People often ask me, do I treat high blood pressure? Or do I treat knee pain? Do I treat irritable bowel syndrome?" explains Stoehr. "What I enjoy reminding them is that I never saw a knee walk into my office without a person attached. I treat people, not symptoms."

The world of massage will be represented, with Corina Perez, LMT, looking forward to sharing her knowledge of the importance of effective bodywork techniques in the journey to wellness. Through the talents of Drs. Krista Griffin and Meg Barchiesi of Lotus Chiropractic, the chiropractic healing traditions will remind attendees how to restore balance and harmony within the body so that each person can function at his or her highest level.

Dr. Kim Furtado, ND, and the Rev. Sue Greer of Lewes Healing Arts will be on hand to discuss the naturopathic and native healing traditions from which they respectively work. Knowing any health fair would be incomplete without an introduction to the ancient arts like yoga, tai chi, qui gong and other traditions, Terry Gardner of Rehoboth Beach Yoga Center will be eager to demonstrate how breathing exercises and yoga postures have a deep potential to improve sleep, reduce stress and restore balance.

The Kids' Zone, hosted by CrossFit Rehoboth, offers kids and parents the Activity Center, complete with fun and educational exercises and opportunities throughout the day to participate in the quick and fun Family Workout. In addition, Katie Freer of Sprouting Chef will be doing live food demos so kids can learn, cook and play.

The fair also features a food court where attendees are invited to let local food gurus from Nage Restaurant, Hobos Restaurant and The Birch Tree Café teach the taste buds firsthand what the words "delicious, fresh, and healthy" mean.

In addition to a full day's schedule of lectures, workshops and demonstrations, the exhibitors will also enjoy spending a day as teachers. Green and environmental services and programs, including REPLENISH, a program which promotes the recovery of organic materials from Rehoboth Beach restaurants, will be highlighted. Other features this year include talents such as Linda Chick of Chick's Saddlery and Western Wear, John Konopka of Bath Fitter, Michael Sebring of Hague Quality Water, Carson and Bonnie Riley of Sea Glass Originals, Arnold Lewis of Delaware Satsang Society, the Rev. Diane Nagorka of the Atlantic Spiritual Science Center, John Carpenter of Endless Results, The National MS Society, The Cancer Support Community of Delaware and Penny Scott of Scent-Sations - Mia Bella Candles.

Registration to be an exhibitor/vendor is well under way. Registration forms are available online at www.edendelmarva.org. For more information, contact Jaime at 302-645-6681 or email HHF@edendelmarva.org.