



# HOLISTIC LECTURE SERIES

## LATE SUMMER / AUTUMN 2013



**Audubon Library**  
**350 John James Audubon Parkway**  
**Amherst, NY 14228**  
**(716) 689-4922**

**PLEASE REGISTER BY PHONE**  
**OR IN PERSON**

### **Beat Diabetes In Three Steps**

**John Zilliox**

**Wednesday, August 28<sup>th</sup> at 7pm**

Find out how people are reversing diabetes, and why a natural solution is much safer and more effective. You will learn:

- How To Reduce and Eliminate Dependence on Medications
- Five Dangerous Situations That Are Now Occurring In the Body
- The Blood Sugar Solution "Big Pharma" Hates
- How to Lose Weight Effectively and Increase Your Energy
- Be Free From The Curse Of Being A Diabetic

**Dr. John Zilliox**, has helped change the lives of thousands of people regarding their physical and emotional well being. With 28+ years of practice, his knowledge, training and expertise has empowered people to take charge of their health, allowing them to live longer and healthier lives with more vitality and energy. Dr. Zilliox is a graduate of the Palmer College of Chiropractic, and holds a New York State license in Nutrition and Dietetics as well as a postgraduate diplomate degree from the American Board of Clinical Nutrition. He has studied and is certified in many advanced natural healing modalities well beyond that of chiropractic. He is the founder of Positive Health and Wellness, a clinic located on Sweet Home Road in Amherst, NY.

### **Let the Healing Begin**

**Jill O'Hara**

**Tuesday, September 3<sup>rd</sup> at 7 pm**

How we heal is unique to each individual. In this program we will look at what "healing" is in its truest form. We will explore what creates "dis-ease" on the physical, mental, emotional and spiritual levels. Whether a person is dealing with an acute illness, or a chronic condition that has defied conventional treatments, there are many healing tools that often go unexplored. We will discuss the blocks to the process of healing and how you can overcome them, using simple yet effective exercises.

**Jill O'Hara, RN, CHHP, RMT**, is a Registered Nurse by profession, with 20+ years of experience. She has experienced both the strengths and weaknesses of Western Medicine. She is a Reiki Master Teacher (RMT), as well as a Certified Holistic Health Practitioner, with areas of focus including Energy Healing, Chakra Therapy, Herbology, Spiritual Life Coaching, and the Aroma Touch Technique. Over the past 12 years Jill has worked in the WNY community as a Holistic Health Consultant serving all age groups. Her business "Nurse Mom" initially worked with child care centers and gradually grew to include school age programs, teens, adult and seniors. She provides consultations and also workshops in the community. Currently Jill is the coordinator of Alternate Roots Transformational Healing Center in Hamburg, as well as the coordinator for the annual Holistic Health Expo.

### **Nourishing Ourselves**

**Jill Tiebor-Franz and Carol Poliner**

**Tuesday, September 10<sup>th</sup> at 7 pm**

Consider this question: **Can we be well fed but malnourished?** Unfortunately, yes. In fact, this is the root cause for the dramatic deterioration in the health of our population. We will discuss how you can truly nourish yourself and your family. Many traditional foods now considered unhealthy are, in fact, vital to the growth and intellectual development of our children and are equally necessary to prevent chronic illness in adults. Learn about traditional foods and time-honored ways of preparing them to promote and preserve good health.

**Jill Tiebor-Franz** is a registered nurse, mother of three and the leader of the Buffalo Chapter of the Weston A. Price Foundation.

**Carol Poliner** is employed as a trainer in the natural and organic food industry, and is assistant leader for the Buffalo chapter of the Weston Price Foundation.

### **A Shamanic Approach to Health and Wellness**

**Paula and Andrew Schenk**

**Wednesday, September 18<sup>th</sup> at 7pm**

The Shamanic approach to health and wellness is truly holistic: shamanic energy practices focus on bringing a person's spirit, mind and body into balance. These healing practices create a new "map" to find a connection to the web of life, to a sense of purpose,

and to health of the physical body. Join us for an introduction to shamanism and how your chakra system and energy body communicate with your physical body. Join us so you can participate in and experience your own shamanic journey, the core shamanic method of meditation, communication, and self-discovery. Come discover that “wellness” can be a journey that is both enlightening and fun!

**Andrew and Paula Schenk**, son and mother, are energy medicine practitioners and co-creators of New Way Old Way Modern Shamanic Practice. Both Andrew and Paula have studied shamanic energy medicine with Dr. Alberto Villoldo's Four Winds Society and bring these transformative ancient teachings, practices, and traditionally inspired shamanic techniques to their work. Paula Schenk, M.Ed. is a career educator called to shamanic energy work through her exploration of mind-body healing techniques in order to find relief from the challenge of chronic pain; now her greatest desire is to share these gentle, transformational wisdom teachings and energy healing practices to assist others. Andrew Schenk, PT, MBA, has worked as a physical therapist for more than a decade and has now embraced a different kind of health care. Through his own personal experience and healing with shamanic techniques and practices, Andrew came to appreciate and value the power within each of us to heal and to create wellness in our lives. Andrew's hope is to share the gift of these practices and techniques to assist others in finding the strength and courage within themselves to create balance, beauty, growth and healing in their lives.

## **The Sacred Geography of Buffalo-Niagara: Deciphering an Enchanted Landscape**

**Tuesday, September 24<sup>th</sup> at 7pm**

**Franklin Lavoie**

Come see a richly illustrated PowerPoint presentation about the geography, archeology, history and local mythology of the Niagara Frontier. How did Buffalo get its name? Where does the epithet *City of Light* come from? We'll decipher Joseph Ellicott's Radial Grid System, and Frederick Law Olmsted's Integrated Park System, revealing their mystical roots. We'll share some local Native American folklore that sheds light on the depth and significance of Buffalo-Niagara since ancient times.

**Franklin LaVoie** is a visionary artist, set designer, storyteller, author, and puppeteer. His contributions have appeared in a variety of publications, most recently, in: [Exploring the Edge Realms of Consciousness](#), edited by Daniel Pinchbeck and Ken Jordan; and also, in John Major Jenkins' book: [The 2012 Story](#). Franklin has been pioneering the research on Buffalo-Niagara's enchanted landscape, for over twenty years.

## **Yoga for the People Fundraiser**

**Kandy Svec and Tracy Draksic**

**Sunday, September 29<sup>th</sup> 1-4 PM**

Come join us for exercise, relaxation and inspiration. The price of admission is a small donation of a can of fruit for the Amherst Food Pantry, plus \$10 that will help fund the Library in its urgent need for new materials and extending hours of service. Himalayan Institute instructors will conduct a Gentle Flow Yoga class appropriate for anyone. Wear comfortable clothes, and bring a mat if you have one. Class will be held outside on the grass, or in the Meeting Room, depending on the weather. Registration starts at 12:30.

**Kandy Svec and Tracy Draksic** are both Registered Yoga Teachers with the Yoga Alliance. They do yoga classes at the Himalayan Institute, Clearfield Library and other venues. They have also taught cooking classes at the Institute.

## **Reducing Stress is an Inside Job**

**Darcy Burkhardt Renna**

**Tuesday, October 1<sup>st</sup> at 7**

Stress is a fear reaction to life and its constant changes. We don't respond to what is happening, we react to what we think is happening. Learn mental techniques, strategies and communication skills that help you manage stress.

**Darcy Burkhardt Renna** B.S., is a Licensed and Certified Heal Your Life® Coach and Workshop Leader in the philosophy of Louise Hay. She has worked in the corporate sector for 20+ years as a trainer, top sales leader and sales manager. She has had success in developing individuals and teams to maximize their skills to hit and exceed their companies' goals and objectives. Over the years Darcy recognized that the pitfalls and obstacles for success rest in one's mind, thoughts and beliefs. How do you change these obstacles for yourself and your employees to bring about success? Darcy works with individuals, teams and corporations to transform their thinking through multiple techniques to focus on a positive path to achieve successful outcomes. Her site is: [ExactlyAsYouAre.com](http://ExactlyAsYouAre.com).

## **Free Yourself from a Constipated Life**

**Catherine Stack**

**Wednesday, October 9<sup>th</sup> at 7pm**

This program will highlight Cathi's award winning book of the same name. Physical as well as emotional constipation will be discussed as well as the kind of remedies that can help you overcome all sorts of constipation in your life. Be sure to bring a notebook to help you remember this priceless information.

**Catherine Stack** has more than 25 years of experience in the healing arts. She is a Doctor of Naturopathy, as well as the owner and facilitator at Journey II Health, LLC in Niagara Falls, established in 2007. She has been employed at Millard Fillmore Suburban Hospital as a Certified Nurse Midwife for 15 years. In March 2013 she published her first book, “Free Yourself from a CONSTIPATED

Life", which has earned 3 awards to date. Specialties include individualized nutrition, colon hydrotherapy (colonics), digestive health and bio-identical hormone replacement for women. Cathi currently writes for a variety of publications, which include the Niagara Gazette, Light Bridges Magazine, Western New York Health and Elevated Existence Magazine. Her site is: [JourneyIIHealth.com](http://JourneyIIHealth.com)

## **Feng Shui: Ancient Techniques for Modern Living**

**Linda Ellson**

**Tuesday, October 15<sup>th</sup> at 7pm**

Empower yourself by creating balance and harmony in your home with Feng Shui, the ancient Chinese art and science of placement. Come learn about the history of Feng Shui, how to use the Pa Qua map and apply some basic techniques to your living space. A Q-and-A will follow the lecture.

**Linda Ellson**, president and owner, of Feng Shui Your World™ is a Certified Classical Feng Shui Practitioner, a member of the International Feng Shui Guild and a Licensed Realtor® with Hunt Real Estate Corporation. She is a graduate of the American School of Classical Feng Shui and has been a student of metaphysical and spiritual studies for 22 years. Having practiced Western and Classical Feng Shui, Linda helps clients achieve enhanced results with the classical approach. Experienced in residential and workplace Feng Shui, Linda consults with clients in a variety of settings and assists them in their existing spaces and in selecting a new home or office space. Linda is a leading lecturer and workshop leader on various topics of Feng Shui. Providing comprehensive services throughout North America, Linda has appeared regionally on television, radio and in newsprint. Linda holds a B.A. from Canisius College and has a professional background in marketing, operations, special events, and in the film and entertainment industries.

## **Ancient Sounds of Advanced Civilizations: How to Use them to Advance your Consciousness**

**Jill Mattson**

**Tuesday, October 22<sup>nd</sup> at 7pm**

People's brain waves, emotions and bodies are composed of vibratory energy and are affected by sound and music. Patterns of energy that create music and sound affect our subconscious mind, thoughts, feelings and physicality. Various ancient and advanced civilizations created sound matrix patterns (and music) to provide spiritual, emotional and mental gifts for their people. In this presentation, secrets from deep in the Egyptian pyramids, the ancient Chinese, ancient Greeks, from the Middle Ages, Tibetan monks and more will be explored! These gifts have been lost as civilizations experience more individuality, duality and separation from God. Learn how to apply sonic patterns and their benefits to your personal life (or healing for others) for powerful holistic gifts. We will discuss Sonic Tools such as the Solfeggio Tones and Reverse Solfeggio Tones (Frequencies for DNA, making changes, connecting to source, specific physical problems and more!); Fibonacci Tones found in nature and the Devil's Diabolist (for making decisions, making changes, new growth, focusing on your path, enlightenment processes); Musical Astrology (using star tones for special benefits, negating challenging astrological placements, enhancing spiritual blessings).



**Jill Mattson** is an author, artist, musician and widely recognized expert and composer in the emerging field of Sound Healing. She has written four books and produced six CD's that combine intricate Sound Healing techniques with her original Award winning musical compositions (*Deep Wave Beauty CD – Best New Age CD of 2012 – Silver Award*). The CD's consist of intriguing, magical tracks using ancient and modern techniques - with sound energy and special healing frequencies to achieve profound benefits. Jill lectures throughout the North America, taking followers on an exciting journey revealing the healing power of sound. She unveils secrets from ancient cultures as well as the latest findings of the modern scientific community showing the incredible potential and healing capabilities of sound. Jill draws on her extensive research of modern research and Sound Healing, and over 20 year study of ancient civilizations and secret societies in her music, lectures, workshops and writings. Check out her site: [jillswingsoflight.com](http://jillswingsoflight.com), and you can download some of her free sound healing MP3s. Her other sites include: [jillshealingmusic.com](http://jillshealingmusic.com) and [musicforbeauty.com](http://musicforbeauty.com).

## **Introduction to the GAPS Diet**

**Michael Sutton and Mary Ann Amschler**

**Wednesday, October 30<sup>th</sup> at 7pm**

Are you doing everything right, exercising, eating right, but still not doing well? Are you experiencing aches and pains or serious diseases? Are your children more irritated, irritable, and unruly than you were as a child? Come join us and get some of your questions answered. This is a presentation of the GAPS (Gut And Psychology Syndrome) Diet as formulated by Dr. Natasha Campbell-McBride MD, MMedSci (neurology and nutrition).

**Michael Sutton**, founder and director of Rising Sun Yoga, is a certified and registered Hatha and Iyengar-based yoga teacher and a martial arts instructor, as well as a practicing herbalist, Iridologist, and health consultant. He lives a holistic lifestyle, practicing yoga, meditation, visualization, smart eating, staying fit and having a healthy outlook on all that occurs in life. From past injuries and medical conditions which he has treated holistically, Michael understands firsthand what afflicted people go through and helps assist

them with their issues. His sister, **Mary Ann Amschler** is a mother of three and a licensed Registered Nurse. She is more known for her work as a Certified Colon HydroTherapist. She has studied Reiki and Quantum Touch, and is also a registered Holistic Practitioner. As a Gerson Home Setup Trainer, she spends her time helping those with cancer and other chronic diseases regain their health. She presents the Gerson Method of Home Care as an alternative to allopathic methods.

## The Healing Power of Music

Sara Schultz and Stuart Fuchs

### Tuesday, November 12

Come join us to learn how the modality of music can open us up to healing. Come experience the power of the crystal singing bowl, chimes, chanting, and more.

**Sara Schultz** started her career as a Music Therapist in Manhattan and at Pequannock Valley Mental Health Center. She has worked as a Chaplain at Weinberg Campus and at Roswell Park Cancer Research Institute. She works with cancer patients using meditation and music as an effective tool to reduce anxiety, improve mood and teach deep relaxation. She holds a Master's Degree in Music Therapy from NYU. She worked many years at Temple Beth Zion as a Jewish Educator, Family Educator, Rabbinic assistant, Youth Group Advisor and continues to serve as Cantorial Soloist for High Holy Days. Sara believes in music as a healing art and enjoys sharing the gift of sound to give us just another place to rest softly in beauty and harmony when we need it the most.



**Stuart Fuchs** has worked as a performing musician, teaching artist and workshop facilitator for over 15 years. He plays several styles of Guitar, Ukulele and Didgeridoo. He has toured and performed in concert halls and festivals as well as collaborating on arrangements of Django Reinhardt's Gypsy Jazz music. Stuart has also worked as an Artist-in-Residence at Roswell Park Cancer Institute where he shares the healing nature of music and the creative process with patients, families and hospital staff. Stuart has studied improvisation and holistic music education with Grammy-Winning Cellist/Composer **David Darling** and is a certified **Music for People™** instructor--he has presented his "Awaken the Creative Soul" program at Yoga Centers across the U.S., Costa Rica, Bermuda and Thailand. Stuart is a deeply dedicated Yogi and has practiced Yoga and Meditation for over 15 years--he is experienced in the use of Naad Yoga (Yoga of Sound), Mantra, and Kirtan (sacred chanting) for wellness and personal transformation. Stuart is an endorsing artist with **Kala Ukuleles™** and **Planet Waves™**. More info can be found at [www.stufuchs.com](http://www.stufuchs.com)

## Acupuncture: An Ancient Art for Today's Health Care

Dr. Herbert Lau

### Tuesday, November 19

Perhaps the most well-known modality of Traditional Chinese Medicine (TCM), acupuncture has a long history of development and today has many styles and protocols in use in the East and West. It is based on the theory of meridian channels and points of energy that fall along those channels. By inserting thin, stainless-steel, flexible sterile needles into specifically selected points, stagnations can be moved, deficiencies can be strengthened and excesses can be reduced. This leads to free-moving blood and energy in the body, thus promoting balance and pain free existence. Acupuncture is becoming more recognized in our western world as a safe alternative treatment for pain management, hormone imbalances, arthritis and many chronic conditions.

**Herbert Lau** was born in Hong Kong. He has several degrees in chemistry as well as a Masters in Acupuncture and Oriental Medicine. He is licensed as an Acupuncturist and has been the Owner of King's Acupuncture on Transit Road since 1999.

## What Clutter Coaching Can Do For You To Help Make Your Dreams Come True

### Wednesday, December 11<sup>th</sup> at 7pm

Mary Jo Foley

With a background in counseling, metaphysics and her own personal experience, **Mary Jo Foley, MS** knows that when you align the physical, mental, emotional and spiritual, you will manifest what you truly desire in your life, or something better. Who wouldn't want that?

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**IF YOU ARE INTERESTED IN ATTENDING ANY OF THESE PROGRAMS,**

**PLEASE REGISTER BY PHONE OR AT THE LIBRARIAN'S DESK**

