

Creative

Seminars

Recording and Reproduction

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**AUDIO RECORDINGS FROM  
PENNSYLVANIA NATURAL LIVING ASSOCIATION  
2004 & 2005**

**7/30, 31 & 8/1/04**

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|--|--------------------------|
| 1. Celebrating the Bounties Underfoot - <b>Two Tapes</b>                           | Peter Gail               |
| 2. Healing with Bach Flower Essences - <b>Two Tapes</b>                            | Dewey Thomas             |
| 3. Rejuvenating Your Health with Raw Foods   | Cherron Perry-Thomas     |
| 4. Acupuncture - Looking to Nature as a Model for Health                           | Patti Green              |
| 5. Current Issues & Trends with Organic Standards and Genetically Engineered Foods | Andrew Kimbrell          |
| 6. Three Dietary Changes that Lead to Ultimate Health                              | Donna Gates, MEd.        |
| 7. A Holistic Approach to Living   | Jerry Brunetti           |
| 8. The Truth About Herbs:<br>How to Use Botanicals Safely & Effectively            | David Winston            |
| 9. The Scientific Basis for Reversing Endstage Cancer                              | Sherry Rogers, M.D.      |
| 10. Fibromyalgia & Oxygen  | Majid Ali, M.D.          |
| 11. Kitchen Chemotherapy:<br>Eating for Cancer Prevention & Control                | Susan Silverstein, Ph.D. |

**8/5, 6 & 7/05**

**WORKSHOPS**

- |                                 |                   |
|---------------------------------|-------------------|
| W1A. Iridology                  | Charlotte Commero |
| W1B. Feng Shui                  | Roberta Binder    |
| W2A. Heart Disease Risk Factors | Ralph Miranda     |
| W2B. Hyperbaric Oxygen Therapy  | Connie Waltz      |

**LECTURES - AVAILABLE ON AUDIO TAPE AND DVD.**

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|---|--------------------------------|
| L1. Preventing and Treating Common Physical & Mental Conditions with Diet & Nutritional Supplements | Dr. Alan Gaby                  |
| L2. A Couple of Farming Romantics, 30 Years Later:<br>Did Optimism & Idealism Survive?              | Jim & Moie Kimball Crawford    |
| L3. Heart Disease   | Paul Stitt, MS                 |
| L4. Healthy Foods in Public Schools   | Barbara Reed Stitt, Ph.D., MGA |
| L5. Impact of CODEX ALIMENTARIUS on Your Future Health  | John Hammell                   |
| L6. Excitotoxins  | Russell L. Blaylock, MD        |
| L7. Music Therapy in Health Care: A Tool for Spiritual Healing                                      | Sr. Donna Marie Beck, Ph.D.    |
| L8. Seven Simple Steps to Wellness (1 Week at a Time)   | Ella M. McElwee, Ph.D.         |