



# God-Given Food as Medicine

April 19-21, 2024 - Melvin's Farm to Fork Store

## Friday, April 19<sup>th</sup> - Prevention

- 7:30-8:45 am **Registration**
- 8:00-8:45 am **Breakfast**
- 8:45-9:00 am Welcome and Worship
- 9:00-9:30 am **Maureen Diaz:** Why Are We Sick?
- 9:30-10:30 am **Mandy Blume:** How the Foods We Eat Affect Our Physical, Mental & Spiritual Health
- 10:30-11:00 am Break and visit Exhibits
- 11:00-12:15 pm **Dr. Stephen Hussey:** Assessing the Risk of Heart Disease Using Cholesterol is Illogical
- 12:15-1:45 pm **Lunch** and visit Exhibits
- 1:45-3:15 pm **Breakout Sessions:**  
**Melvin's Farm Tour**  
**Healthy Baby Track:**  
 1:45-2:30 pm **Megan Sanctuary:** Best Nutrition for Fertility, Pregnancy & Beyond  
 2:30-3:15 pm **Jasmine Lucero:** Herbal Support for Pre-Conception, Pregnancy & Postpartum
- 3:15-4:30 pm **Dr. Patty Powers:** Protecting Our Endocrine System
- 4:30-5:30 pm **Jasmine Lucero:** Christian Herbalism for Building Family Health

## Saturday, April 20<sup>th</sup> - Healing

- 8:00-8:45 am **Registration** and **Breakfast**, visit exhibits
- 8:45-9:00 am Welcome and Worship
- 9:00-9:45 am **Patrick & Lady Hamilton:** Non-Toxic Healing Modalities for Serious Disease
- 9:45-10:45 am **Dr. Stephen Hussey:** The Effects of Circadian Rhythm, Artificial Light & EMFs
- 10:45-11:15 am Break and visit Exhibits
- 11:15-12:15 pm **Dr. Patty Powers:** Detoxification Processes & Protocols
- 12:15-1:45 pm **Lunch** and visit Exhibits
- 1:45-3:15 pm **Breakout Sessions:**  
**Healthy Baby Track:**  
 1:45-2:30 pm **Karen Winstead:** Preparing for Childbirth & a Healthy Delivery  
 2:30-3:15 pm **Karen Winstead:** Navigating Postpartum Depression and Beyond  
**Healing Track:**  
 1:45-2:30 pm **Maureen Diaz:** The Farm as Pharmacy  
 2:30-3:15 pm **Jasmine Lucero:** Self-Sufficient Herbalism: Growing the Home Apothecary
- 3:15-3:45 pm Break and visit exhibits
- 3:45-4:45 pm **Megan Sanctuary:** Gut Health and the GAPS Diet
- 4:45-5:45 pm **Mandy Blume:** Real Food Recovery
- 5:45-6:15 pm **Panel Discussion** with Speakers  
Closing Remarks - **Thank You!**
- 7:00-9:00 pm **VIP Dinner at Melvin's Farm Store**

## Sunday, April 21<sup>st</sup> - Worship

- 9:00-10:00 am **Fellowship and Breakfast**
- 10:00-11:30 am Join us for a morning of **Worship, Communion, and a Gospel** message from **Pork Rhyne** to close out our weekend together!