

Southern Humboldt's unique all-discipline health fair, *Healing From the Ground Up*, celebrates local health care at its best! Taking place at the Garberville Town Square from 11 to 5 on Friday, June 18<sup>th</sup>, the fair features information, screenings and hands-on services from a broad spectrum of organizations and practitioners. It includes panel presentations, healthy food and local music. While "health care" in America often means care of illness, the central focus of this fair is on building and taking care of an irreplaceable asset—your health. Chautauqua Natural Foods and the Southern Humboldt Healing Arts Association, co-sponsors of this year's event, have assembled a delectable smorgasbord of health resources for you to explore. A drawing with an assortment of health-related prizes offers further enticement for people of all ages to attend.

The main events will be four dialogues with people in the health and healing community. The first talk will be start at 12:00 pm and will be the **Dilemma of Eating, "Finding your way through the maze of food choices"** with Peg Anderson, Nancy Peregrine, and Paula Bartholamy; the second talk begins at 1:00 and will be called **"Medical Cannabis: An exploration of non-psychoactive properties of Cannabinoids"** with ; the third talk begins at 2:00 and is labeled **"How Gluten may be affecting your Health"** with Eydi Bauer, Gail Eastwood, and Nancy Peregrine; and the Fourth talk focused on understanding the **"Exploring the Unconscious for Mental and Physical Health"** with Kevin Peer **"Reading the Signs when you have fallen through health care cracks"** with Rosa Rashall and both speakers will begin at 3:00. Come sit on hay bales to hear these well studied people discuss topics that may relate to your own health.

Western modalities will be represented by the Southern Humboldt Community Health District (SHCD), Redwoods Rural Health Center (RRHC), and Humboldt County Health and Human Services programs—including Public Health Nursing; the Alcohol, Tobacco and Other Drugs Prevention Program (ATOD), and NorthCoast AIDS Project (NorCAP). You'll find health information at all of these booths, plus screenings, games and prizes. Public Health Nursing is offering blood pressure tests, bone density screening and baby weighing. SCHCD is offering some free tests (some may have a charge), plus vouchers for future services/lab work. If you've been thinking about quitting tobacco, check out the quit kits at ATOD, and get re-inspired. And don't forget to test your prevention knowledge at the NorCAP booth's fun quiz game. Free condoms and lube for all! And the Humboldt County Breast Health Project offers information and conversation about breast health issues.

"Alternative" modality booths will also offer screenings, assessments and information. Medical herbalists Sarah and Andrew Murray offer assessments based on blood pressure, pulse, temperature and visual exam. You can also taste their premium herbal tinctures. Ryan Bowie, Associate Buteyko Practitioner, offers breathing health assessments coupled with information about the Buteyko breathing method. Rosa Rashall and Kevin Peer offer a self-

assessment questionnaire for digestive disorders and hormone imbalances, plus information, and four (first-come, first served) free 20 minute health education sessions. They will be selling their own liquid aromatherapy soaps. You'll also find at the fair the premier appearance of the 707 Cannabis College, with information, hats and t-shirts

Ever-popular at So Hum health fairs, you can expect a variety of body workers offering a panoply of free and low-cost mini-sessions. You'll find Ilyse Surkin offering craniosacral work and deep tissue massage and much more. Sandy Feretto offers Swedish/Thai, reflexology and myofascial neck work. Flurina Niggli-Jackson's booth features mini shiatsu sessions. Jessica Bittner offers free craniosacral mini-sessions plus longer appointments for a charge. Kim Chamberlain is showing up for chair massage and bringing her watsu (waterborne bodywork) video. Sign up at Kim's booth for a free 30 minute watsu session from Susan Nachimson, floating away your stress in Susan's treatment pool close to the fair.

You can get inspired to start your own health-building practice at the So Hum YOGA booth, where Gayna Uransky will offer demonstrations, and advice about specific issues that yoga might be good for. And you can chat with Evelyn King, Senior Fitness Specialist, at her table about her free exercise classes for people over 50.

Energy Healing Authors Jim Gilkeson, "A Pilgrim in Your Body" and Diane Tegemeier "Relationships that Heal," as well as Gluten Free Author Dr. Eydi Bauer, D.C., "Life After Bread," will be present.

Chiropractor Brian Ormond offers demonstrations and mini-sessions of a new system of releasing emotional stress. Homeopath Gail Eastwood offers muscle testing mini-sessions, as well as conversation and muscle testing demonstrations on the influence of homeopathic remedies on our energy bodies.

The fair would not be complete without the healing and enlivening influence of local music—and, of course, food. The "from the ground up" healing power of good food will be much in evidence, with the backdrop of the farmers' market, Chautauqua booth and café, and-- special to the fair—grilled kebabs prepared by South Fork teens and their mentor Tom Fraser, benefiting the restaurant program.

