



AUGUST IS HEALTHY LIVING MONTH!

The fresh, local fruits and vegetables that the Ormond Beach Farmers Market offers each week are an important part of building a healthy lifestyle, but there is always more to learn. With that in mind, the Market will bring in guest speakers every Thursday this month at 10:30 AM to discuss new and different approaches to wellness. These talks are free to the public and there is plenty of free parking. Each talk will take place during the Market, City Hall Plaza, 22 S. Beach St., Ormond Beach. Regular market hours are 8 am – 1 pm, every Thursday.

Here is the current schedule of talks:

August 3

"Natural Disease Prevention: The Time Is NOW for Igniting Your Health and Energy" -

Dr. Michael O'Connor and Mark Walczyk

Dr. O'Connor of the Advanced Health Care Physical Medicine Clinic in Ormond Beach has practiced Vitalistic Healthcare both in the USA and in Europe. His unique protocols look to the central nervous system as the predominant healing and energy system in the body while also creating optimal individual nutrition programs to boost cellular regeneration and tissue healing. Mr. Walczyk partners with Dr. O'Connor to offer Resonance Raman Spectroscopy, "a light scattering technique which probes the vibrational energy levels of molecules." This Nobel-prize winning technology helps to reveal inflammation at the tissue level. Their talk will focus on the prevention of chronic disease, the prevention of premature aging and the prevention of cancer with the use of proven, all natural options to stave off this inflammation. Screening appointments can be made at the talk.

August 10

"Living to 110 years by Preventing and Reversing Heart Disease" – Dr. Mirza Kaz

Dr. Kaz studied medicine for 12 years and did his internship at Florida Hospital. After getting his MD, he started practicing holistic medicine. He and his father founded CHAD's Center in Daytona Beach, where he focuses on nutrition, exercise and lifestyle changes that promote wellness.

August 17

"Herbs for Health" – Alice Novak

Ms. Novak is a Certified Family Herbalist (Florida School of Holistic Living). She apprenticed 8 years with Deep Woods Herbal Research under Ralph Shelton. In addition, she is part of the farm family at Alvarez Farms, a pesticide-free farm in Raiford, Florida. Using herbs in your life can be the key to vibrant health and wellbeing. Herbs can be used in the kitchen as food or to support the body when we are dealing with whatever life throws at us.

August 24 & 31 - TBA

The final speakers of the series will be announced on the Ormond Beach Farmers Market Facebook page – www.facebook.com/ormondbeachfarmersmarket. Please contact Ormond MainStreet, 386-492-2938 for additional information.



FLORIDA HOSPITAL
MEMORIAL MEDICAL CENTER

Main Campus | Oceanside