



CAMCON 2005

*The 2005 Complementary
& Alternative Medicine Conference*

Catalog

Be a part of a Healing Adventure in warm and sunny Tucson
this November and learn from the BEST!

Kokoman Clottey

Ken "Bear Hawk" Cohen

Richard Gerber, M.D.

Melanie Grimes, R.S.Hom (NA), C.C.H.

Richard Grossman, L. Ac., O.M.D., Ph.D.

Steven Halpern

Sylvia Haskvitz, M.A., R.D.

Paul Horn

"Beauty" Henry Peterson

Joseph Pizzorno, N.D.

Chief Sonne Reyna

Marilyn & Thomas Twintrees

Diamond & River Jameson

Lewis Mehl-Madrona, M.D., Ph.D.

Richard Moss

Caroline Muir &

Joan Heartfield, M.D., Ph.D

Rubin Naiman, Ph.D.

Wayne Perry

Julia Ross

Jennifer Schneider, M.D., Ph.D.

Norman Shealy, M.D., Ph.D.

Shari Silvey

Cherie Sohnen-Moe

Special Hotel Rates Starting at \$59

November 14th - 16th, 2005

The Hotel Arizona (formerly the Radisson City Center), Tucson, Arizona

For info phone (520) 744-6603 or visit www.arizonachoice.com

Arizona Choices Exposition Presents

The 2005 Complementary & Alternative Medicine Conference

CAMCON 2005 A Healing Adventure!

**November 14th - 16th, 2005 at The Hotel Arizona (formerly The Radisson Hotel/City Center),
Tucson, Arizona**

Isn't it time you discovered why Complementary and Alternative Medicine (CAM) is so popular? Come to warm, sunny Tucson in November and learn from the best that CAM has to offer!

CONFERENCE: Customize your own healing adventure by choosing 9 from the 36 Healing Seminars throughout Arizona Choices' 3 day CAM Conference for a total Conference Fee of only \$180. This fee also includes The Arizona Choices' Networking/Sharing Event, Monday Evening, that is open to all Conference Participants and Presenters.

EXPO: Included is an Expo VIP Pass at no charge (\$99 value) to: The Arizona Choices Exposition - November 11th - 13th, 2005 - At The Tucson Convention Center, which is located just ½ block from The Hotel Arizona.

The Arizona Choices Expo will offer Free and Low Cost Health Testing By Medical Doctors, Hospitals, Clinics and Natural Healers; 115 Free Lectures; 72 Inexpensive Workshops; 9 Special Events; as well as over 100 Exhibitor booths.

The Expo VIP Pass grants Admission for all 3 days of the Expo, which includes the Exhibition Hall and all Free Lectures, plus Admission to 1 Special Event each evening (Friday, Saturday and Sunday), for a total of 3 Special Events, all with VIP Seating and Reservations.

HOTELS: Our Special Conference Rate at The Hotel Arizona is only \$79.00 per night, with a 5 night minimum stay; otherwise it is only \$89.00 per night. Please call the hotel directly at: The Hotel Arizona- (520) 624-8711 - Mention Promo code "EXPO". Rates quoted do not include the applicable taxes and fees. Parking is included. Complimentary Airport Shuttle Service is provided by The Hotel Arizona only, and is based on availability. There are restaurants in both hotels and many more in the surrounding area, all within easy walking distance.

Included with The Conference Fee and The Expo VIP Pass: 9 Healing CAM Conference Adventures; a Conference Networking/Sharing Event; admission for all three days at the Expo; 3 Expo Special Events; a choice of 115 Free Lectures and 72 Inexpensive Workshops; plus a massive Exhibition floor full of Healthy Possibilities... all packed into 6 Days of Healing Choices.

Attendance at the Conference, Expo Special Events, and Hotel accommodations are limited. Don't miss out! Send your deposit today to secure your first choices.

For more information please see our website www.arizonachoice.com or call 520-744-6603

Aligning with the Elementals**with Marilyn & Tohmas Twintrees****code: CWS 15**

The Elements, Fire/Earth/Air/Water/Ethers (Spirit) make up the core of all physical matter on the Earth Mother, and the Elementals are the Devic Spirits within each Element. When we consciously, continually align with the Elementals, we flow abundantly with all of Life, always.

In our gathering, we will share the glorious wisdom the Elementals have given us— for working with them allows us to create our true lives, easily, immediately, and profoundly. Together, we will respectfully share our experiences, and we will align with the Elementals, through Breath, Rituals and Love that you can take with you into your life.

Attitudinal Healing: Choosing the Abundant Life**with Kokomon & Aeshah Clotey****code: CWS 31**

Attitudinal Healing is the only way to know wealth without risk. To choose the abundant life is to recognize our oneness with the Earth! The wisdom of attracting wealth is healing our attitudes about our past relationship with money. The problem is not money: it is our misunderstanding of its function and its circulatory nature. Understanding this truth is to embrace the perpetual abundant life. Join Aeshah and Kokomon in this experience and learn to change your attitude about yourself and money and tap into the trillions that are moving around the earth.

Coyote Medicine: Lessons from Native American Healing**with Lewis Mehl-Madrona, M.D., Ph.D.****code: CWS 10**

Native American healers engage in a dialogue within community to create stories that create the possibility for believing in healing. The more the community supports this story, the more likely healing becomes. Then cure may sometimes result. The people who experience these cures become very present-oriented. They let go of past grudges and bitterness. They diminish their fear of the future. Paradoxically, they seem to make peace with death. They report often dramatic changes in their quality of life, their relationships and their sense of connectedness to the spiritual. Dr. Mehl-Madrona considers how to accomplish these goals within modern life.

Creating & Maintaining a Healthy Business**with Cherie Sohnen-Moe****code: CWS 27**

Americans spend more than 30 billion dollars annually in “alternative” health care. As this consumer-driven demand for better care continues, more practitioners are needed to administer these services. Whether you are currently in practice or are considering this field, this workshop is for you!

We explore tools for creating and maintaining a successful, heart-centered business. Learn creative, proven techniques for actualizing your goals. Discover how to expand your success with a marketing plan that is fun and integrates your values into your business. You will leave knowing what’s needed to help your business thrive and experience greater fulfillment in the process.

Divine Feminine – Part 1**with Caroline Muir & Joan Heartfield, Ph.D.****code: CWS 7**

The Divine Feminine is a unique and holistic approach to exploring and understanding the Dynamics of the Feminine essence, and how it interplays with the Masculine. This restores us to the divinity and harmony of our erotic nature. This sacred feminine consciousness teaches us the more refined arts of sexual love, and the healing and wholeness that awaits as we reclaim our passion and inner authority as women. Thus the essential link is birthed as we meet the Goddess within and embrace and receive Her with trust and reverence. This is the education men and women have been looking for to restore love and pleasure in their lives.

Divine Feminine – Part 2**with Caroline Muir & Joan Heartfield, Ph.D.****code: CWS 11**

The Divine Feminine is a unique and holistic approach to exploring and understanding the Dynamics of the Feminine essence, and how it interplays with the Masculine. This restores us to the divinity and harmony of our erotic nature. This sacred feminine consciousness teaches us the more refined arts of sexual love, and the healing and wholeness that awaits as we reclaim our passion and inner authority as women. Thus the essential link is birthed as we meet the Goddess within and embrace and receive Her with trust and reverence. This is the education men and women have been looking for to restore love and pleasure in their lives.

Eat By Choice, Not By Habit**with Sylvia Haskvitz, M.A., R.D.****code: CWS 33**

Explore weight and body issues through the lens of Compassion - heighten your awareness to your rich world of feelings and needs to address this topic.

Learn to transform the “should” game and tune into the world of desires, wants, hopes and dreams. Get your needs met in ways you will not regret later.

Get through the stuck places: learn about the demand/resistance cycle and transform the inner judgments that keep you from enjoying your compassionate nature. Learn and practice a process of connection to gain clarity and open your world to new possibilities.

Ethics of Touch: Receiving & Giving**with Cherie Sohnen-Moe****code: CWS 34**

What really happens when one person touches another? Human touch can completely change the way the body functions. Studies indicate that touch is essentially a positive experience for the person receiving it as long as the touch does not impose more intimacy than the person desires, or communicates a negative message. Therein lies the challenge for practitioners: How do you know if your touch is too intimate or sends a negative message for any specific person? The recipients of touch also need to know the parameters of appropriate touch, what to expect from practitioners, and how to set good boundaries. In this workshop we will explore the dynamics of touch: appropriate ways to ask for and give feedback regarding touch; potential emotional reactions to touch and how to respond; and creating and maintaining healthy boundaries.

Head & Heart & Hands Aligned (HA HA HA)**with “Beauty” Henry Peterson****code: CWS 18**

A Basic Healing Seminar for Self and Others -- Experiential

Instantly usable techniques designed to clear, heal and preserve physical, mental, emotional and spiritual health. A great introductory or refresher for tapping, using and sharing the ever-present quantum energy available to us all, by way of trusting you have it, feeling its flow and focusing it beneficially with head, heart and hands as a service to others. A light-hearted practicum of the subtle, spiced with the wisdom of simplicity. Learn aura cleansing, energy flow, harmonic transmission and ways of preserving your clarity.

Healing Night: The Science and Spirit of Sleeping, Dreaming and Awakening**with Rubin Naiman, Ph.D.****code: CWS 14**

More than 100 million Americans suffer from sleep problems, making sleep disorders the number one health concern in America today. The impact of sleep and dream deprivation upon mental health, physical illness, productivity, and the economy is simply staggering. Unfortunately, most health care professionals and consumers are ill prepared to address these issues. This lecture introduces a new perspective that addresses sleep and dream issues in the context of “nighttime consciousness.” It examines the key psychological and spiritual dimensions of our relationship with dusk, darkness, and dawn as a foundation for healing sleep and dreams.

Healing Sleep and Dreams: An Integrative Approach**with Rubin Naiman, Ph.D.****code: CWS 35**

Sleeping and dreaming are extraordinary states of consciousness that hold immense potential for our healing and personal growth. This special workshop offers practical and effective guidance for managing sleep and dream problems from an integrative medicine perspective. In contrast to the prevailing overly mechanistic and medication driven approach, Dr. Naiman blends the best of conventional medicine with alternative, complementary, and spiritual perspectives. Because this integrative approach is comprehensive, addressing body, mind, as well as spiritual factors, it works synergistically with other CAM healing approaches.

Homeopathy**with Melanie Grimes, R.S. Hom (NA), C.C.H.****code: CWS 22**

Homeopathy

What the heck is it? Where did it come from? And what can it do?

This lecture will address the difference between homeopathy and other healing modalities, as well as the history of homeopathy, its place in the history of medicine, and what it can offer for the future.

Honoring the Medicine: Native American Healing & Spiritual Traditions
with *Kenneth “Bear Hawk” Cohen*

code: CWS 21

Kenneth “Bear Hawk” Cohen will share the principles, ethical values, and practice of Native American medicine. He will explore Native American medicine not as a thing of the past but as a living and still evolving tradition. Information will be presented from traditional and modern perspectives. Ken will also discuss the dialogue now occurring between western and indigenous science while suggesting that many aspects of Native American medicine are beyond the capabilities of science to measure. The last part of the workshop will be an experiential introduction to traditional songs, dances, and visualization methods.

Insider’s Secrets of Sound Healing
with *Steven Halpern*

code: CWS 8

Join “Dr. Sound” for an insightful and entertaining exploration of the world of sound healing. We’ll experience the power of resonance, entrainment, and tone as vehicles for transformation and enlightenment. You’ll take away an enhanced awareness of the music in your life, and how to share it with others in your personal and professional life.

Introduction to Vibrational Medicine: A Stepping Stone to Personal Healing and Spiritual Transformation with *Richard Gerber, M.D.*

code: CWS 3

Vibrational medicine is a new synthesis of healing and consciousness that blends the best of ancient mystical and healing traditions with modern day scientific discoveries. It is a viewpoint that sees human beings as multidimensional energy and information systems of body, mind, and spirit. Vibrational medicine principles offer a new understanding of the reasons why people become ill as well as a source of powerful tools for healing illness and dis-ease using pure energy and vibration. The many flavors of vibrational medicine will be discussed along with practical insights for dealing with commonplace health ailments.

Listening to Your Body with Spirit
with *Marilyn & Tohmas Twintress*

code: CWS 26

Even though most of us are taught that our bodies are limited and dense, each one of us has the exact, perfect body for the lessons, grace and gifts that our Spirits offer us each moment.

In this gathering, we will listen to our Bodies— the exquisite vehicles for our Dreams and Inspirations. We will actively listen to every single part of them so that we can offer them what they uniquely need— which perhaps no one else can tell us about. We will revitalize and relax our bodies naturally so that we can perfectly, lovingly fulfill and empower ourselves.

Mindful Drumming: Healing Our Broken Hearts & Experiencing Joy
with *Kokomon & Aeshah Clotney*

code: CWS 20

In America, we have so many heart attacks, so many broken hearts. This moment in time is about us as individuals, as a nation, as a global community, learning the art of healing our broken hearts. Join Aeshah and Kokomon Clotney for an experiential gathering of mindful drumming and deep inner work, to begin healing your own broken heart. Mindful drumming comes from the twin concepts of rhythm and sound. It is a way to uncover the different levels of communication and connect straight to the heart. Learn the ancient art of practicing mindful drumming for infinite peace.

New You: Rejuvenate Your Life Through the Creative Process
with *Shari Silvey*

code: CWS 19

Journey with Shari through magical portals of mysterious unfrequented corridors and into the realm of transformation. Rejuvenate your life through the creative process during this entertaining, adventuresome experience. Explore creative modalities such as writing, art, movement, psychodrama and energy. Immerse yourself and discover how to transform and harness the energy of addiction, fear, blocks, and illness into positive, focused power! As you journey through your creative process, you will develop a practical approach to merge the spiritual and physical aspects of your life. This inner work will empower you to create abundance, health and positive relationships. A new you!



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Our Depression and Anxiety Epidemic: The Brain Nutrient Breakthrough**with Julia Ross, M.A., M.F.T.****code: CWS 9**

The solution to our negative mood epidemic is surprisingly simple: four brain-targeted amino acid supplements that quickly raise the levels of serotonin and the three other key mood-enhancing neurotransmitters. Nutritional psychology pioneer Julia Ross' approach offers a safe and effective alternative to risky antidepressants and toxic comfort foods. Ross will explain how we can jump start our emotional chemistry by combining amino acid supplements with specific good-mood foods. You'll identify your own particular mood chemistry imbalances using the Four Part Mood Type Questionnaire from Ross' newest book, *The Mood Cure*. Then you'll learn the mood repair strategies that have already helped thousands of people restore their optimal moods and natural sense of well-being.

Overcoming Depression Without Drugs**with Norman Shealy, M.D., Ph.D.****code: CWS 1**

Depression is the most common illness in the world. Forty percent of Americans are clinically depressed and another 40% have subclinical depression. Working with over 30,000 patients, Dr. Shealy has found that 85% can recover from depression safely, without drugs. Incidentally the best drug is 42% effective with over 25% complications. Using the Liss Cranial Electrical Stimulator, Shealy Series, the Shealy RelaxMate II and a self-therapy program, you can overcome depression within two weeks, without drugs.

Overtoneing: The Vibrational Healing Power of the Human Voice**with Wayne Perry****code: CWS 4**

Research has shown that the natural, organic nature of the human voice enables it to be the most vital and powerful vibrational healing instrument available to us. Learn how to create and use the regenerative healing power of vocal harmonics and overtoneing to effect deep emotional release, sonic detoxification and enhance the body's natural homeostasis, intuitional capacity and spiritual awareness. Open doors to deeper dimensions of consciousness and transform your life. Initiate this transformative toning process with the fun and effective techniques presented by internationally acclaimed sound therapist and vibrational healer Wayne Perry, and heal the body with its own resonance! No singing or musical experience is necessary.

Sacred Attention & Healing Presence**with Richard Moss****code: CWS 2**

At the heart of Richard's work is a fundamental understanding that relationship to oneself, to another, and to God is an indivisible unity from which all of life's potential grows. This relationship can only be lived in the present moment. In this seminar you will be given a systematic approach for understanding how we disconnect from our essential self with simple awareness exercises and guided self-inquiry. Through this practice of sacred attention we can learn how to return to the beginning of ourselves and enter heart awareness where we can shift into states of greater intelligence, wholeness and healing.

Shamanic Body: Integrate the Intelligence of Your Emotional, Physical & Energetic Bodies**with Diamond & River Jameson****code: CWS 30**

What happens when we let go of trying to "figure it out" and we begin accessing the knowledge of our whole selves? Come explore with us the outrageous and wonderful freedom, love, resolution and vital health that begins to occur when we have access to our whole being intelligence. As we learn to listen, feel and respond to the messages available to us from the different aspects of ourselves, our Creator and our World, we begin to "navigate" differently, moving with pure intent and guidance as energy in a world of energy. Come and dream a new dream with us and awaken to the power of your Shamanic Body.

Shamanic Heartbeat**with "Beauty" Henry Peterson****code: CWS 32**

A Creative Shamanic Seminar with Mini Journey
With positive intention, we will review with ritual and journey how shamans receive energy and information from the "invisible world" and bring power animals and medicine to the physical. You will be encouraged to synthesize your own vibrations within this context and then call on the wisdom of the grandmothers to integrate your dreams and vision into the world.
(Part of the time you will be lying on the floor - so bring a cushion or blanket if you feel like it.)

Sound Healing Journey**with Richard Grossman, L.Ac., O.M.D., Ph.D.****code: CWS 12**

Since humans first put their hands together and raised their voices in song and worship, music has been a tool for healing and exploring the inner reaches of mind and Spirit. Using indigenous instruments from Asia, Australia, Europe, North and South America, India, and Africa, Dr. Richard Grossman, Licensed Acupuncturist and sound healer, creates a fabric of sound and vibration that is simply extraordinary and beautiful.

Learn how to enter a world where sound and music become more than sound and music. Enter a listening experience that touches the part of human Spirit where healing and magic occur. Enter a space of awareness that transcends music and becomes a cellular journey into the core of your being. Enter into SoundJourney™.

Sound Healing with Wayne Perry, Steven Halpern, Paul Horn**& Richard Grossman, L.Ac., O.M.D., Ph.D.****code: CWS 24**

Come & learn all that you've ever wanted to learn about the healing benefits of sound but have not had the opportunity, with some of the top sound healers! Join us for an insightful and entertaining discussion and Q and A, on the therapeutic benefits of sound therapy, healing music and natural healing. The panelists include Wayne Perry, Steven Halpern, Richard Grossman and Paul Horn.

Experience the Spontaneity of sounds with Paul Horn; Wayne Perry will explore the healing potential of the human voice; Feel the power of resonance, and tone as vehicles for transformation and enlightenment, with Steven Halpern; and learn how to enter a world where sound and music become more, with Dr. Richard Grossman.

Stop Carb Addiction and Yo Yo Dieting with 21st Century Brain Fuel**with Julia Ross, M.A., M.F.T.****code: CWS 5**

Are your low carb efforts being sabotaged by overwhelming cravings for chocolate, bread, or ice cream? No diet, however healthy, can succeed when all you can think about is sweets and starches. Nutritional psychology pioneer Julia Ross will show you how to take control of your own appetite-regulating chemistry in 24 hours. During the workshop you'll use the 8-Part Questionnaire from her bestselling book, *The Diet Cure*, to identify the real cause of your own particular carb cravings (it's not weak willpower!). Then you'll learn how to use the targeted nutrient supplements and other strategies Ross has seen work for thousands of people whose cravings for comfort foods have disappeared in a single day.

Total Integration: A Path to Whole Being Wellness**with Diamond & River Jameson****code: CWS 13**

When we honor and embrace all aspects of ourselves, we gain access to our full wisdom, love and capabilities, our consciousness expands and we become capable of whole being integration and wellness. We will share practices and direct experiences that will empower you to be fully awake and to participate, sanely and functionally with the conscious evolution of you, your life, world and Kosmos.

This is for you who desire to be authentic, free and whole, and who want to awaken to love, truth and expansive consciousness in your moment to moment experience, as well as in your relationships with everyone and everything.

Total Wellness: A Hands On System Approach to Health Care – Part 1**with Dr. Joseph Pizzorno, N.D.****code: CWS 25**

Ultimately, each person's health and disease resistance is dependent on how well his/her physiological systems are working. Optimal function of 10 systems provides the foundation for Total Wellness: 1.) Optimal nutrition and digestion; 2.) Toxin avoidance and effective detoxification; 3.) Strong, accurate immune system; 4.) Balanced inflammatory function; 5.) Well-regulated endocrine control; 6.) Ageless neurological system; 7.) Strong musculoskeletal structure; 8.) Abundant energy production; 9.) Rapid regeneration/Optimal aging; 10.) Living in harmony with the spirit/life-force.

This lecture describes what each system does, how to recognize when it is not working properly, the possible causes and how to restore optimal function through the use of natural therapies.

Total Wellness: A Hands On System Approach to Health Care – Part 2**with Dr. Joseph Pizzorno, N.D.****code: CWS 29**

This workshop provides tools to personally apply the concepts presented in Part 1. The workshop starts with participants filling out a short questionnaire. These are then used to determine which physiological systems are dysfunctional and self-care interventions are then developed to restore health.

Treatment of Chronic Non-Cancer Pain: Role of Opioids**with Jennifer Schneider, M.D., Ph.D.****code: CWS 23**

Has your life, or that of a family member, been adversely affected by chronic back pain, arthritis, fibromyalgia, headaches, or other chronic pain? Millions of Americans suffer from chronic pain, and most of them are undertreated, especially when the source of the pain cannot be easily identified by x-rays or other objective tests. Effective treatment often requires both drug and non-drug approaches. In her presentation, Dr. Schneider, author of *Living with Chronic Pain*, will describe a comprehensive approach to chronic pain treatment, with particular emphasis on the appropriate use of opioids (narcotics). Also, learn how to be an effective advocate for yourself in the healthcare system!

**Ultimate Healing of Personal & Ancestral Grief: *Men Only*,
Reclaim Natural & Supernatural Power with Chief Sonne Reyna****code: CWS 36**

Ultimate healing of personal and ancestral grief is intense cleansing and acknowledgement of the sufferings we have done to others, that others have done to us: the sufferings our ancestors did to others, that others did to them. We are the generation now called to embrace and reconcile, to heal the suffering of humankind, as the great prophetic change of nature comes upon us. In this emotional ceremony, we choose to forgive and to be forgiven - it is the spiritual gate to healing. Come to heal and reclaim your natural and supernatural power.

**Ultimate Healing of Personal & Ancestral Grief: *Women Only*,
Reclaim Natural & Supernatural Power with Chief Sonne Reyna****code: CWS 17**

Ultimate healing of personal and ancestral grief is intense cleansing and acknowledgement of the sufferings we have done to others, that others have done to us: the sufferings our ancestors did to others, that others did to them. We are the generation now called to embrace and reconcile, to heal the suffering of humankind, as the great prophetic change of nature comes upon us. In this emotional ceremony, we choose to forgive and to be forgiven - it is the spiritual gate to healing. Come to heal and reclaim your natural and supernatural power.

**Unleash the Power of Your Mind Using Transformational Energy
with Shari Silvey****code: CWS 28**

Join Shari on a mystifying adventure to transform the energy within you. Your body has innate wisdom and herein lies the depth of emotion, which is key to understanding how you use your life force energy. This is an experiential journey through your body to discover how to find the blocks, release negative emotion, transform the shadow and use it as a catalytic charge for positive focused power for manifestation. Entertaining storytelling through Shari's provocative interactive paintings is included to understand the principles of how energy manifests.

**Value of Spontaneity for a Healthy Life
with Paul Horn****code: CWS 16**

Improvisation has always been one of the highest forms of musical expression. This freedom allows for greater creativity and expression. But, spontaneity and improvisation are not just for musicians. Spontaneity allows us to develop creativity and lead a happier, healthier life. In this workshop we will explore and develop creativity in a friendly, fun environment. No musical training is required, but participants may bring musical instruments. When life is lived on its most natural level it is spontaneous.

**Way of Qigong: Health, Longevity & Wisdom
with Kenneth "Bear Hawk" Cohen****code: CWS 6**

Qigong is an ancient Chinese system of gentle exercise, breathing, and meditation that increases the body's supply of healing energy, qi. Scientific research shows that qigong can increase vitality, prevent illness, and develop a tranquil state of mind. Qigong is essential training for anyone who wishes to maintain a high level of positive energy. Because of its effect on strength, coordination, and balance, qigong can also improve performance in any sport. We will learn Bone Marrow Cleansing to drive pure energy through the bones, and Standing and Walking Meditation to become grounded, yet flexible, like a willow tree with deep roots.



Kokoman Clotley

Kokomon & Aeshah Clotley are authors of *Beyond Fear* and *Mindful Drumming*. They are the founders of the Attitudinal Healing Connection and creators of a specialized fun form of musical art and healing arts that unleashes the spirit of human potential. Kokomon has produced three CD's: *Love Is The Answer*, *Mystic Vision*, and *The Journey*.



Kenneth "Bear Hawk" Cohen

Ken "Bear Hawk" Cohen is the author of the internationally acclaimed books *The Way of Qigong* and *Honoring the Medicine*. Ken is the winner of the Elmer and Alyce Green Award, the leading international award in energy medicine.



Dr. Richard Gerber, M.D.

Dr. Richard Gerber, M.D. is an internationally known teacher, physician, and author of several books, including the bestseller *Vibrational Medicine 3rd Edition: The #1 Handbook of Subtle-Energy Therapies* (Bear & Company, 1988, 2001) and *A Practical Guide to Vibrational Medicine: Energy Healing and Spiritual Transformation* (Quill/Harper Collins, 2000).



Melanie J. Grimes, R.S., Hom (NA), CCH

Melanie J. Grimes, R.S. Hom (NA), CCH, is the editor of *The American Homeopath* and lectures internationally. She has written hundreds of articles in homeopathic journals worldwide, and is the author of the naturopathic textbook, *Dr. John Bastyr: Philosophy and Practice*. She has conducted numerous homeopathic provings and also writes screenplays, novels and librettos.

Conference

Conference Schedule

Monday Nov. 14, 2005	Room A	Room B
9 – 11:30 AM	Norm Shealy, M.D., Ph.D. Overcoming Depression Without Drugs CWS 1	Richard Moss Sacred Attention & Healing Presence CWS 2
1 – 3:30 PM	Julia Ross, M.A., M.F.T. Stop Carb Addiction and Yo Yo Dieting with 21st Century Brain Fuel CWS 5	Kenneth “Bear Hawk” Cohen The Way of Qigong: Health, Longevity & Wisdom CWS 6
4 – 6:30 PM	Julia Ross, M.A., M.F.T. Our Depression and Anxiety Epidemic: The Brain Nutrient Breakthrough CWS 9	Lewis Mehl-Madrona, M.D., Ph.D. Coyote Medicine: Lessons from Native American Healing CWS 10
8 – 11:30 PM		
Tuesday Nov. 15, 2005	Room A	Room B
9 – 11:30 AM	Diamond & River Jameson Total Integration: A Path to Whole Being Wellness CWS 13	Rubin Naiman, Ph.D. Healing Night: The Science and Spirit of Sleeping, Dreaming and Awakening CWS 14
1 – 3:30 PM	Chief Sonne Reyna Ultimate Healing of Personal & Ancestral Grief: Women Only, Reclaim Natural & Supernatural Power CWS 17	“Beauty” Henry Peterson Head & Heart & Hands Aligned (HA HA HA) CWS 18
4 – 6:30 PM	Kenneth “Bear Hawk” Cohen Honoring the Medicine: Native American Healing & Spiritual Tradi- tions CWS 21	Melanie Grimes, R.S. Hom (NA), C.C.H. Homeopathy CWS 22
Wednesday Nov. 16, 2005	Room A	Room B
9 – 11:30 AM	Dr. Joseph Pizzorno, N.D. Total Wellness: A Hands On System Approach to Health Care – Part 1 CWS 25	Marilyn & Tohmas Twintrees Listening to Your Body with Spirit CWS 26
1 – 3:30 PM	Dr. Joseph Pizzorno, N.D. Total Wellness: A Hands On System Approach to Health Care – Part 2 CWS 29	Diamond & River Jameson The Shamanic Body: Integrate the Intelligence of Your Emotional, Physical & Energetic Bodies CWS 30
4 – 6:30 PM	Sylvia Haskvitz, M.A., R.D. Eat By Choice, Not By Habit CWS 33	Cherie Sohnen-Moe The Ethics of Touch: Receiving & Giving CWS 34

Schedule

Room C	Room D	Monday Nov. 14, 2005
Richard Gerber, M.D. Introduction to Vibrational Medicine CWS 3	Wayne Perry Overtone: The Vibrational Healing Power of the Human Voice CWS 4	9 – 11:30 AM
Caroline Muir & Joan Heartfield, Ph.D. Divine Feminine – Part 1 CWS 7	Steven Halpern, Ph.D. Insider’s Secrets of Sound Healing CWS 8	1 – 3:30 PM
Caroline Muir & Joan Heartfield, Ph.D. “Divine Feminine – Part 2” CWS 11	Richard Grossman, L.Ac., O.M.D., Ph.D. Sound Healing Journey CWS 12	4 – 6:30 PM
	NETWORKING PARTY	8 – 11:30 PM
Room C	Room D	Tuesday Nov. 15, 2005
Marilyn & Tohmas Twintrees Aligning with the Elementals CWS 15	Paul Horn The Value of Spontaneity for a Healthy Life CWS 16	9 – 11:30 AM
Shari Silvey A New You: Rejuvenate Your Life Through the Creative Process CWS 19	Kokomon & Aeshah Clotney Mindful Drumming: Healing Our Bro- ken Hearts & Experiencing Joy CWS 20	1 – 3:30 PM
Jennifer Schneider, M.D., Ph.D. Treatment of Chronic Non-Cancer Pain: Role of Opioids CWS 23	Wayne Perry, Steven Halpern, Paul Horn & Richard Grossman Sound Healing CWS 24	4 – 6:30 PM
Room C	Room D	Wednesday Nov. 16, 2005
Cherie Sohnen-Moe Creating & Maintaining a Healthy Busi- ness CWS 27	Shari Silvey Unleash the Power of Your Mind Using Transformational Energy CWS 28	9 – 11:30 AM
Kokomon & Aeshah Clotney Attitudinal Healing: Choosing the Abundant Life CWS 31	“Beauty” Henry Peterson Shamanic Heartbeat CWS 32	1 – 3:30 PM
Rubin Naiman, Ph.D. Healing Sleep and Dreams: An Integra- tive Approach CWS 35	Chief Sonne Reyna Ultimate Healing of Personal & Ances- tral Grief: Men Only, Reclaim Natural & Supernatural Power CWS 36	4 – 6:30 PM



Dr. Richard Grossman, L.Ac., O.M.D., Ph.D.

Dr. Richard Grossman, Doctor of Oriental Medicine and shamanic sound healer. Using a variety of indigenous instruments including Tibetan singing bowls, didgeridoos, and gong, he creates a tapestry of sound that promotes deep inner healing. He is the creator of SoundJourney™, a deep inner experience of sound, healing and vibration.



Steven Halpern

Steven Halpern is an internationally-acclaimed composer, recording artist, author and pioneering sound healer who has touched the lives of millions worldwide. His distinctive *Inner Peace* compositions for healing and inner peace are a cornerstone of any healing library. His CDs harmonize body, mind and spirit, and Steven is now celebrating his 30th anniversary.



Sylvia Haskvitz, M.A., R.D.

Sylvia Haskvitz, registered dietitian and certified Nonviolent (Compassionate) Communication (NVC) trainer, shares her work in several venues. Sylvia has hosted a radio show, *Call in a Conflict*, a television show, *People Skills* and contributed to the book, *Healing our Planet, Healing Ourselves*. She recently wrote, *Eat by Choice, Not by Habit*.



Joan Heartfield, Ph.D.

Joan Heartfield, Ph.D., co-director of DIVINE FEMININE™, has been teaching with Caroline Muir since 1994. A counselor and guide for over 25 years, Joan brings a loving heart and profound wit to the consciousness of her work. Her transmission around relationship inspires and awakens others to what is possible.



Paul Horn

Paul Horn began as a straight ahead jazz flutist. He has recorded with Duke Ellington, Ella Fitzgerald, Miles Davis, Frank Sinatra, Joni Mitchell and Ravi Shankar. In the late 60s he studied with the Maharishi in India alongside The Beatles. His seminal 1969 album, *Inside the Taj Mahal*, featured space as an equal partner to the musician and launched a whole new genre of music.



Diamond and River Jameson

Founders of the Total Integration Institute, with 30 years of global experience as Expansion Guides, Visionaries, Integral Shamans and Wholistic Educators. They are a dynamic and alive couple who have traveled the world studying and integrating what works, letting go of what doesn't and sharing what they know with others.

Diamond and River also lead Men's and Women's Circles and guide Shamanic Earth Medicine Journeys into power sites around the world.



Lewis Mehl-Madrona, M.D., Ph.D.

Lewis Mehl-Madrona, M.D., Ph.D., is the author of *Coyote Medicine*, *Coyote Healing*, and *Coyote Wisdom*. His work has been to unravel and discover how indigenous healers work and how dramatic cures unfold. He is interested in spiritual transformation and its role in health and disease. He is board certified in family medicine with added qualifications in geriatrics and also in psychiatry. He is of Cherokee and Lakota heritage.



Richard Moss

Richard Moss is an international author, teacher and visionary thinker in the lineage of the great wisdom traditions. For over 27 years his holistic conferences have transformed people's lives throughout the world and his seminal books on healing and the importance of living consciously continue to inspire and move us.



Caroline Muir

Caroline Muir is the founder and president of Divine Feminine™, a Modern Mystery School. For more than two decades, Caroline has been teaching the popular seminars: *Tantra, The Art Of Conscious Loving™* with it's founder, Charles Muir. Caroline co-authored/co-produced the book, *Tantra, The Art of Conscious Loving* and the DVD, *Secrets of Female Sexual Ecstasy*.



Dr. Rubin Naiman, Ph.D.

Dr. Rubin Naiman is Clinical Assistant Professor of Medicine and the sleep specialist at the University of Arizona's Program in Integrative Medicine. He lectures nationally on sleep and dreams and also maintains a private practice. Dr. Naiman is author of *Healing Night* (Winter 2005) and *The Sleep Advisor* (Summer 2005), software designed to evaluate and manage sleep problems.



Wayne Perry

Internationally recognized as a leading authority on sound therapy, Wayne Perry is the author of *Overtoning: The Complete Guide to Healing with the Human Voice*, and is the founder/director of the Sound Therapy Center of Los Angeles. Wayne also produces and hosts *Heart Touch*, his own leading edge local cable television program dedicated to exploring the natural power of vibrational healing.



"Beauty" Henry Peterson

Beauty has been a student and a teacher of Native American and eastern Indian methods of self discovery and empowerment for over 30 years. He has helped create healing circles and promoted spiritual awareness in individuals and groups in the US., Central America, France, Switzerland, Belgium, Canada and Mexico. He shares his healing gift not only through seminars, workshops and individual sessions, but also in his daily living through the power of his compassion and inner beauty. He is currently co-founding *White Hawk*, an ecovillage located just south of Ithaca, NY.



Dr. Joseph E. Pizzorno, Jr., N.D.

Naturopathic physician (N.D.), member White House Commission on Complementary and Alternative Medicine Policy. One of the world's leading authorities on science-based natural medicine. Founding president of Bastyr University. Editor of *Integrative Medicine: A Clinicians Journal*, author of *Total Wellness* and co-author of the internationally acclaimed *Textbook of Natural Medicine*, best-selling *Encyclopedia of Natural Medicine* (1,000,000 copies in six languages), *Natural Medicine For the Prevention and Treatment of Cancer* and soon to be released *Encyclopedia of Healing Foods*.



Chief Sonne Reyna

Chief Sonne Reyna, Yaqui-Carrizo-Coahuilteka Nations, North America. Eagle Clan Ceremonial Chief, Sun Dance Society Peace Chief, Vietnam Veteran, Graduate University of Texas, Shaman/advisor to tribal councils and corporations. A writer, artist and singer, he is collaborating with world musicians, dancers and film makers to awaken the magic in the heart of humankind.



Julia Ross, M.A., M.F.T.

Julia Ross, a pioneer in nutritional psychology, is Executive Director of the Recovery Systems Clinic in Mill Valley, California where she and her staff treat mood and overeating problems with nutrient therapy and biochemical rebalancing. She is author of the best-selling *The Diet Cure* and newly released *The Mood Cure*, and finalist for the *Books for a Better Life Award*.



Jennifer P. Schneider, M.D., Ph.D.

Jennifer P. Schneider M.D., Ph.D. lives in Tucson, Arizona, where she practices chronic pain management and addiction medicine. She is certified by the American Board of Internal Medicine, the American Society of Addiction Medicine, and the American Academy of Pain Management. Dr. Schneider is the author of the book *Living with Chronic Pain* (2004).



C. Norman Shealy, M.D., Ph.D.

Neurosurgeon and creator of Dorsal Column Stimulation, Transcutaneous Electrical Nerve Stimulation, and the Shealy RelaxMate II, Founding President of the American Holistic Medical Association; President of Holos University Graduate Seminary; author of over 300 publications and 22 books, including *Life Beyond 100 – Secret Of The Fountain Of Youth*.



Shari Silvey

Shari journeys and backpacks into remote wilderness areas to communicate with unseen dimensions, nature and wildlife. She has developed a practical working knowledge of how to use these messages for manifestation and inspiration for her paintings, story telling, energy deck and writings. She facilitates this powerful process of expanding creativity and consciousness in her workshops.



Cherie Sohnen-Moe

Cherie Sohnen-Moe is an author, business coach, international workshop leader, and successful business owner since 1978. Before shifting her focus to education and coaching, she was in private practice for many years as a massage practitioner and holistic health educator. She is the author of the book, *Business Mastery* and in 2003 co-authored a ground-breaking book titled *The Ethics of Touch*.



Marilyn & Tohmas Twintress

By constantly, joyously Listening to the Spirits in everything, especially focusing on Earth and Nature, we have co-created many books; our business *AhhhMuse*; a non-profit *Elementals of Life*; and an Elemental, Freedom based sacred geometry construction business *Living Spaces*, that respectfully share world-wide, the unique Vibrational tools/services from our Spirits.

EL-RIO

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HEALTH CENTER

more than
just medicine

El Rio Community Health Center is proud to celebrate 35 years of caring for Tucson.

El Rio Community Health Center is passionate about providing the highest quality health care. Our doctors and nurses are some of the best in the country, and we've been nationally recognized for our innovative approach to medicine. But it isn't the recognition that drives us to give exceptional service to each and every one of our patients. It's the lives we touch every day.

With 11 sites in Tucson, El Rio is a part of your neighborhood. We offer comprehensive internal and family medicine, including women's and children's services, for everyone. We accept AHCCCS, Medicaid, Medicare, KidsCare and most private insurance

plans and our mission is to care for everyone – especially the uninsured and underserved members of the community.

Our diabetes specialists have helped many Tucsonans take control of this life-threatening disease, and our HIV/AIDS clinic offers compassionate guidance and care.

We also operate the largest nonprofit dental clinic in the state, with three offices to keep your family smiling. And, if you need a prescription filled, we have three full-service, computerized pharmacies to meet our patients' needs.

Let us
care for
your family.

EL-RIO
COMMUNITY
HEALTH CENTER



MAIN MEDICAL CLINICS

Appointments: (520) 670-3909

Main Clinic

839 W. Congress

Southwest Clinic

1500 W. Commerce Court, *Valencia just west of I-19*

Northwest Clinic

320 West Prince Road, *Prince & Oracle*

DENTAL CLINICS

Appointments: (520) 670-3758

Main Dental Clinic

839 W. Congress

Southwest Dental Clinic

1530 W. Commerce Court, *Valencia just west of I-19*







Northwest Dental Clinic

4009 N. Flowing Wells

Special Events Nov.11, 2005








8-10:30pm

Special Events

<p>Ancient Pathways to Modern Healing</p>   	<p>Lewis Mehl-Madrona, M.D., Ph.D. Melanie Grimes, R.S.Hom (NA), C.C.H. Kenneth "Bear Hawk" Cohen</p> <p><i>code: SE 3</i></p> <p>Join us for an exciting evening of discussion with three acclaimed modern day healers as they offer the benefits & wisdom drawn from the ancient modalities they work in. Lewis Mehl-Madrona will reflect on how to restore the wisdom of our ancient pathways to the modern practice of medicine and psychology. He will discuss how modern medicine has largely overthrown indigenous origins & the essence of healing they provide. Melanie Grimes will speak about homeopathy, its origins and place in the history of medicine, its offering as a healing modality, and will address its difference to other healing modalities. Presented from traditional and modern perspectives, Kenneth Cohen will speak about how Native Americans understand the medical, psychological, social and spiritual dimensions of health and disease.</p> <p>The panelists will each present an insightful and entertaining talk, followed by a joint discussion to answer your questions.</p>
<p>We The Planet</p> 	<p>Julia Butterfly Hill</p> <p><i>code: SE 1</i></p> <p>Every natural, functioning system involves symbiotic relationships which honor sacred diversity through working together to promote health, beauty, and sustainability. Religion, politics, science or activism without the deep, heartfelt connection to the Sacred is a dying effort, a dying ecosystem of disharmony. My prayer for this experience is that in the joining of our diverse perspectives, we will be able to see and articulate what a healthy world and future look like as well as the steps necessary to promote this positive, vibrant vision. Equally important, we will leave with a renewed inspiration to live our heart's calling and our spirit's passion.</p> <p>Julia Butterfly Hill is a writer, poet, and activist. Her historic 738-day tree-sit in "Luna" brought international attention to the plight of the ancient forests and environmental destruction. She is a bestselling author and founder of the non-profit Circle of Life, which promotes sustainability, restoration, and preservation of all life.</p>
<p>Women, Healing & Sexuality</p>  	<p>Caroline Muir Joan Heartfield, Ph.D.</p> <p><i>code: SE 2</i></p> <p>The Divine Feminine™ is a unique and holistic approach to exploring and understanding the Dynamics of the Feminine essence, and how it interplays with the Masculine. This restores us to the divinity and harmony of our erotic nature. This sacred feminine consciousness teaches us the more refined arts of sexual love, and the healing and wholeness that awaits as we reclaim our passion and inner authority as women. Thus the essential link is birthed as we meet the Goddess within and embrace and receive Her with trust and reverence. This is the education men and women have been looking for to restore love and pleasure in their lives.</p>




Special Events Nov. 12, 2005

8-10:30pm

<p>Musical Event</p>   	<p>R.Carlos Nakai Quartet code: SE 4</p> <p>Performing original tunes in contemporary ethnic world fusion, the RCNQ blends ancient timbres of indigenous flute, pan-global percussion, and the human voice with modern textures and urban rhythms perfect for both intimate listening, exuberant dancing, and trance-inducing grooves and inspirational melodies that continue to be appreciated by SRO audiences and audiophiles from coast to coast.</p> <p>Mixing structured compositions with improvisation, the Quartet expresses, in a spacious harmony among large voices, the varied music and cultural heritages and working experiences of its members. The haunting tones of Nakai's traditionally-tuned indigenous cedar flutes are joined by emotionally expressive saxophones, keyboard variations, rich bass grooves and the poly-rhythmic pulse of world percussion. Hauntingly familiar yet startlingly fresh, the music of the R. Carlos Nakai Quartet will soothe your soul, fire your imagination, and move your feet.</p> <p>With an opening act by: Steven Halpern and Chief Sonne Reyna</p> <p>Chief Sonne Reyna and Steven Halpern share highlights from their groundbreaking recording, <i>Healing Songs Of Earth And Sky</i>. Their collaboration is a stunning merger of traditional tribal songs and wisdom with contemporary world, blues grooves.</p> <p>Steven will then perform a brief solo set highlighted by a sound and color light show for a chakra-healing meditation.</p>
<p>Sleep & Pain Management</p>   	<p>Jennifer Schneider, M.D., Ph.D. code: SE 5 Rubin Naiman, Ph.D. Lewis Mehl-Madrona, M.D., Ph.D.</p> <p>You are invited to participate in this very special event where three sleep and pain management specialists will relay ideas and information regarding healthy sleeping, and pain management. Ruben Naiman will discuss the impact that bodily and emotional pain has on the quality of sleep; and the significance of healthy sleeping and dreaming to the healing process. With millions of Americans suffering from chronic pain, Jennifer Schneider will describe a comprehensive approach to chronic pain treatment and offer advice on how to be an effective advocate for yourself in the healthcare system. Lewis Mehl-Madrona will discuss how healing sleep is, even though it eludes many people. He will consider how processes develop for managing pain and sleeplessness, looking at this from particularly indigenous and narrative perspectives.</p>
<p>Introduction to Vibrational Medicine</p> 	<p>Richard Gerber, M.D. code: SE 6</p> <p>Vibrational medicine is the science of diagnosing and treating illness using energy and vibration in its many forms. These include conventional electromagnetic energies such as electricity, magnetism, and electromagnetic fields, as well as the subtle energies of the life force. The different forms of vibrational medical therapies cover a wide spectrum of healing modalities including acupuncture, homeopathy, flower essences, therapeutic touch, magnetic therapies, and pulsed electromagnetic fields. Vibrational Medicine is an emerging paradigm that will likely shape the way medicine and psychology is practiced in the future. It is also the first science to explain how spirit interfaces with molecular biology.</p>

Special Events Nov. 13, 2005

7-9:30pm

<p>Musical Event</p> 	<p>Paul Horn with Christopher Hedge <i>code: SE 7</i></p> <p>Paul Horn's story is an inspiring odyssey of world travel, musical creativity and spiritual transformation. With forty albums, Paul has recorded in sacred spaces around the world, including the Taj Mahal, Great Pyramid of Giza, Canyon de Chelly and the Dalai Lama's Potala Palace in Tibet.</p> <p>The concert captures a sonic landscape of Tibet's exotic culture and spirituality. Paul performs with Christopher Hedge on guitar and keyboards. When Paul plays, the acoustics of the room become another instrument. Now this groundbreaking artist weaves natural sounds from Tibet in performance as he brings that sacred culture to Tucson.</p>
<p>Living Healthy Beyond 100</p> 	<p>Norm Shealy, M.D., Ph.D. <i>code: SE 8</i></p> <p>Average life expectancy in the United States is about 79 years of age. However, average life expectancy is lowered significantly by smoking, obesity, alcohol, inactivity and street drugs. If one has optimal health habits, average life expectancy would be 100. Using the SheLi TENS™, for DNA restoration at 54 to 78 billion cycles per second, the three most critical chemical regulators of health can be optimized, reducing free radicals, while optimizing DHEA and calcitonin. This approach requires only 20 minutes daily and is totally safe.</p>
<p>The Healing Power of Awareness</p> 	<p>Richard Moss <i>code: SE 9</i></p> <p>The key to cultivating the healing potential of the self to Self relationship is the quality of our attention. To turn toward what is right in the here and now and meet it with the full power of awareness is to arrive all at once at the wholeness that is, and always has been, our essential self. This is also the essence of meditation and prayer; by the very quality of our attention in the present moment, we can become transparent to the Transcendent. It is this profoundly empathetic and accepting relationship of Self with self that ultimately sustains us.</p>



Arizona Choices Exposition Presents **CAMCON 2005**

November 14th – 16th, 2005, Tucson, AZ

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SLEEP AND PAIN MANAGEMENT

Jennifer Schneider, M.D., Ph.D.

Rubin Naiman, Ph.D.

Lewis Mehl-Madrona, M.D., Ph.D.

THE HEALING POWER OF AWARENESS

Richard Moss

HEALTHY LIVING BEYOND 100

Norm Shealy, M.D., Ph.D.

WE THE PLANET

Julia Butterfly Hill

ANCIENT PATHWAYS

TO MODERN HEALING

Lewis Mehl-Madrona, M.D., Ph.D.

Melanie Grimes, R.S. Hom (NA), C.C.H.

Ken Cohen

VIBRATIONAL HEALING

Richard Gerber, M.D.

WOMEN, HEALING AND SEXUALITY

Caroline Muir

Joan Hartfield, Ph.D.

MUSICAL EVENTS

R. Carlos Nakai Quartet *with an opening act by* Steven Halpern & Chief Sonne Reyna

Paul Horn with Christopher Hedge

**Tucson's mayor Bob Walkup has proclaimed
November 11th-16th, 2005 as Tucson's Health Week
in honor of Arizona Choices Exposition**