

LAMPOST FARM'S "FIELDS' CORNERS" DIS-EASE RESILIENCE SERIES

Objective: To empower participants to access their God-given ability to be at ease in body, mind and spirit through 3 key issues: stress management, nutrition and environment.

Core Values: Based on biblical principles

1. Belief that God gave each of the us the potential for ease vs. dis-ease in our bodies (physical, mental, emotional and spiritual)
2. Belief that each person has autonomy over and responsibility for their own body and choices
3. Belief that faith is more powerful than fear
4. Belief that being in loving relationships with others is a key to transformation

The program:

Designed to be 12 monthly small group gatherings including:

- A farm-raised meal together
- Informational and experiential education, introducing local health practitioners
- Pre and Post-series self-assessments
- Emotional/spiritual support
- Take-home products, services and practices for lifestyle habits
- Access to a resource library, organically raised foods and nature therapy

CURRICULUM

January-April: Emotional/Social series Start with the heart as we enter the new year

January 2

Co-facilitator: Gayla Stiles, M.S., L.Ac (more information at <https://thebreathingtree.com/about>)

Topics: Physiology of stress and energy, seasonal body chemistry, acupuncture

Experience: make and take broth, daily de-stressing strategies

February 6

Co-facilitator: Teri Moser, Certified Life Coach (more information at <https://www.youtube.com/c/TeriMoser/videos>)

Topics: The 3 brains (the power of belief), sound balancing, faith tribes, spiritual disciplines

Experience: Sound balancing

March 6

Co-facilitator: Lindsey Miller, mental health therapist (more information at <https://www.quietrivercounseling.com/>)

Topics: need-based therapy options explained, grief, forgiveness, The Body Keeps the Score, EMDR

Experience: make and take water kefir, schedule cabin retreat weekends

April 3

Co-facilitator: Aaron Stiles, M.S., L.M.T, LAc, (more information at <https://thebreathingtree.com/about>)

Topics: mindfulness and breathing, meditation and movement practices, manual therapies

Experience: make and take winter smoothie, daily meditation practices

May-August: Nutrition series

You are what you eat, “Let food be thy medicine and medicine be thy food”

May 1

Co-facilitator: Mike Bruce, Health and Wellness Coach (more information at <https://www.lifestartswithfood.com/>)

Topics: Nutrition assessments, organic, GMOs, glyphosate, omega-3 fats, soaking, fermenting and sprouting, organ meats

Experience: make and take kimchi or pemmican

June 5

Co-facilitator: Matt Brungard, N.D. (more information at <http://www.lalamachiropractic.com/index.php/about/the-doctors>)

Topics: homeopathy, Bio-energetic testing, immune super foods, sweeteners, gluten, fiber, probiotics

Experience: Stress-Meridian Assessment, make and take dehydrated herbs

July 3

Co-facilitator: Cris Fellows, herbologist (more information at <https://www.unabandonedherbals.com/>)

Topics: herbs, herbal tinctures and tonics, adaptogens, mushrooms, antioxidants

Experience: make and take calendula salve

August 7

Co-facilitator: Evan Schneider, NASM CPT/CNC

Topics: exercise for all levels, rest, practical tips and recipes for optimal nutrition

Experience: daily body movement routine, recipe booklet

September-December: Environment series
In with the good, out with the bad: Unlikely toxins and detoxing strategies

September 4

Co-facilitator: Mike Bruce, Health and Wellness Coach (more information at <https://www.lifestartswithfood.com/>)

Topics: air, water and electromagnetic pollution (and solutions), grounding, biological dentistry

Experience: EMF testing, Free necklace EMF blocker, nature walk in meditation garden

October 2

Co-facilitator: Ted Hill, DO, East Liverpool Family Practice (more information at <https://www.drtedhill.com/>)

Topics: PEMF therapy, kinesiology, supplements, mold, virus, parasite, fungus and chemical toxicity, daily detoxing strategies

Experience: PEMF mat, discounted supplements with visit

November 6

Co-facilitator: Sara Scott (more information at <https://www.newlifewellnesscoaching.com/>)

Topics: Ionic foot bath, far infrared sauna, colon hydrotherapy and other detoxing strategies

Experience: ionic foot bath

December 4

Co-facilitators: Jane & Bill Heaven, Owner Osteostrong Canfield (more information at <https://centers.osteostong.me/canfield/>)

Topics: Bone health, hydromassage, PEMF therapy, Biocharger

Experience: Free trial therapy session