

# 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 8**

Co-facilitators: Past participants

Topics: Stories of transformation and hope, foods, rest, laughter & exercise for stress-management

Experience: Full Value Contract

### **February 5**

Co-facilitator: Juleen Keefer, Leadership Coach (more information at <https://www.linkedin.com/in/juleen-keefer-4804a2172>)

Topics: Identity and relationships, purpose and calling, emotional intelligence, communication, forgiveness and grief

Experience: schedule cabin retreat weekends

### **March 4**

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

Topics: The power of belief and positive thinking, faith tribes, spiritual disciplines, Body Harmony

Experience: sound balancing

### **April 8**

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

Topics: Physiology and chemistry of stress, know thyself, transforming stress into useful energy

Experience: daily de-stressing strategies

## **May-August: Nutrition series**

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

### **May 6**

Co-facilitator: Kelly Miller, owner of The Health Hut (more information at <https://www.healthhutstores.com/who-we-are>)

Topics: The big DON'Ts: GMOs, glyphosate, oils, The big DOs: omega-3 fats, soaking, fermenting and sprouting, immune super foods, prebiotics and probiotics

Experience: smoothies?, broth?, kefir?

### **June 3**

Co-facilitator: Connie & Willie Ortz, Crooked Creek Farm

Topics: Whole foods vs. processed, vital nutrients grains, raw milk & greens

Experience: mill grains and bake bread

### **July 1**

Co-facilitators: Cris & Emily Fellows, herbologists (more information at <https://www.unabandonedherbals.com/>)

Topics: herbs, herbal tinctures and tonics,

Experience: backyard medicine walk

### **August 5**

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

Topics: homeopathy, Bio-energetic testing for nutritional deficiencies

Experience: Stress-Meridian Assessment

## **September-December: Environment series**

### **In with the good, out with the bad: Unlikely toxins and detoxing strategies**

#### **September 9**

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 7**

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 4**

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 baths

#### **December 2**

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

Topics: Bone health, hydromassage, PEMF therapy, Biocharger

Experience: Free trial therapy session