

# Woodford Folk Festival 2008-2009 Program Launch

It is my Pleasure as Programmer with Ingrid Hauritz to present you with this years Folk Medicine Program for The Woodford Folk Festival. Please come along and visit us at The Blue Lotus. We wanted presenters who inspire and educate our audiences in ways that can change lives for the better, opening health care options so that people leave the festival with new ideas that can be applied in every day life. We know our audiences are already conscious of Folk Medicine trends, so we have endeavoured to bring the best and most appropriate topics for presentation and have chosen what we consider very appropriate presenters to represent the true picture of their particular aspect in the Australian Folk Medicine culture. We hope you enjoy participating in the program as much as we enjoyed putting it together.

With love and hope to see you at The Festival this year.

**Dominique Finney**

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## Folk Medicine

**Revealing natural health care secrets, solutions and traditions that are once again making their way to the forefront of our Folk health. Join Australia's leading health care researchers, practitioners, writers, developers, and therapists as they share with you a wealth of traditional medicine and healing philosophies blended with the latest scientific findings with our folk medicine program . There are two parts to the program, The morning sessions and The afternoon sessions. Mornings run from 8am to 9.15am and afternoons from 1pm to 6.15pm. The diversity of topics and speakers is impressively board ranging from Physical Hands on therapies, to developing and emerging trends in positive mental practices, natural medicines and public preferences in health care options to future direction and ground breaking medical research.**

Last year the inaugural Folk medicine program saw Woodford Folk festival audiences flock to the Blue Lotus for insightful, entertaining and educating forums that allowed the audience to share ideas, listen to the myriad of exchange and be part of the unfolding scientific and healing folk medicine culture. This year the program has been extended and refined with 23 high profile and educating presenters who will create a myriad of healthy options available to you. The program ends each day with our Woodforum with the 4pm

speaker taking to the stage for 2 hours of audience interaction and discussion on the chosen topic. Folk medicine finishes with the 4pm Woodforum on News years day involving all Presenters who are invited to join Programmer Dominique Finney on stage as we discuss the topic "Health Care , Your right to choice" What do you think about your rights? How do you want the health care system to change? Come along and share your thoughts here at The Woodford Folk festival as we become the changes we want to see in the world creating today's Folk medicines and showcasing it through Presentation, education, interaction, voice, and entertainment.

## **This year 23 presenters will take to the stage showcasing Australia's Folk medicine culture as a very modern and thriving entity.**

The amazing **Allan Niblett** has developed and nurtured a technique of natural health care manipulating muscles and tendons to treat acute and chronic illness. The Niblett Technique is now very popular amongst health care professionals with osteopaths, chiropractors, physiotherapists, naturopaths and doctors taking on the method to improve their patient's health.

Passionate parents **Andrew and Lillian Reekie** discuss empowering a balanced understanding of how we overcome ADHD through nutritional support and reducing our families toxic exposure. The Book "Hidden dangers" is available at the Festival shop and will enlighten you about the toxins in foods and cleaning products.

**ChakraDance** Dance therapy is the latest craze overseas. Balancing your chakras and gaining health through dance therapy is what it's all about in The Blue Lotus for this great interactive information packed session as you learn about the chakras and their place in dance therapy.

Folk medicine programmer and Naturopath **Dominique Finney** returns to share with you "Herbs The First Medicine" From her best selling book "The Wellness Zone" now in its second edition. Dom will share with you some practical home tips and some of the latest research on Herbal remedies for optimal health.

**Dr Hans Baer** will present his interactive Woodforum on "How Holistic is Complementary medicine?" and also speak on "Complementary medicine, the successes and dilemmas". Dr Baer comes from Melbourne University to share his passions and research with Folk medicine.

**Dr Jacqueline Boustany** is a Nimbin GP with a Mission to share empowerment, personal peace and techniques to relax, enjoy life, get over your dilemmas and get on with the job of manifestation consciousness. Jacqueline will have you thinking about your choices and how to create a positive and awesome life.

What does it take to make the shift from GP to humanitarian worker in some of the world's darkest and neediest corners? **Dr John Parker** has made this shift time and time again and it has taught him an appreciation and understanding that make his presentations in Folk medicine both moving and educational. Emotional toolboxes for life and humanitarian confessions are his topics for this festival.

**Dr Philip Nitschke and Dr Fiona Stewart** share with us their book "Killing me softly" and also a Woodforum on "How a trip to Mexico can help you live longer". Dr Nitschke has spent his life as an educator, researcher and passionate, compassionate Doctor who wants to share his thoughts with Folk Medicine.

Zen Thai Shiatsu is the practice that **Gwyn Williams** brings to Woodford this year. He is an accomplished massage therapist and teacher who has just returned from overseas practice of Zen Thai Shiatsu. Gwyn is the most accomplished yoga and massage demonstrator who leaves his audiences in awe of flexibility, and endurance showing you innovative ways to improve your health and fitness.

**Ian Cameron** has been practicing Tai Chi for many years. Did you attend his 8am sessions as part of Folk medicine last festival? If not make the effort to meet at the Blue Lotus every second morning for some early morning exercises that will flow and relax you into the day. Ian's DVD on Tai Chi is also available at the festival shop.

**Jay Mulder** Ayurvedic practitioner returns to Woodford fresh from his latest medicinal trip to India. Jay will share with you the secrets of "Ayurvedic Cellular energetics" as his extensively and passionately his students all aspects of Ayurvedic medicine running courses at Tafe and privately.

**Jost Sauer** has made it his life's work to bring awareness of the link between drug energetics and use to our society. He believes the whole world should be like Amsterdam where drugs are available, however no one would use them because we all have ourselves personally together and accomplished enough to say NO. That's the enlightened world Jost brings to Woodford. Chinese medicine practices and good health.

This year **Lea Gay** wrote her first book. "The Attitude Goddess" which has brought her poetry, rhythm, and self help therapeutic thoughts to the forefront of Australian folk culture. Join Lea as she recites, reaches out to your positive Attitude Goddess ideals and entertains you with the absolute possibility of positivity and health through your thoughts and what they produce. benefits

**Lisa and Chen** from Health Holistic come back to Folk Medicine each second morning this year with Partner Yoga. This is healing, interactive, and a fun way to practice yoga. Its all stand up routine, so no mats needed and you can come

alone and find a partner in class or bring your partner along for your morning get fit, wake up yoga call.

Homeopath and practitioner **Linlee Jordon** offers many health care solutions through Homeopathy. She returns to Folk medicine " Homeopathy Powerful Poison? Potent Medicine?" Linlee also will discuss the First aid festival options in Homeopathy available to you and discuss various simple support treatment.

**Meryl Dorey** has researched and accumulated masses of information on vaccination and its effects on us. She brings this research to Woodford and offers you choices and important information on how to make wise decisions for your own health and the health of your children.

Based in Maleny Natural Therapist and product formulator **Mukti** has taken Australian Organic skin care across the globe. Mukti extensively researches skin care and is passionate about healthy skin naturally. She will share with you the advantages and philosophy of Natural skin products and also do you know what's in your body products really?

**Richard Goldsworthy** is a healing composer who writes music for medicine to help relieve stress, create relaxation and help you unwind. Understand the effects of music on your body and how to create health benefits from the music you choose to listen to.

**Russell McDonald** is a physiotherapist and public speaker. He talks about pain relief and back support using physiotherapy. Help empower yourself with some simple techniques in pain relief that Russell will show you in his interactive talk where you will gain a deeper understanding in the logistics behind pain and natural self help strategies.

Naturopath, workshop leader and inspirational developer **Simone Mathews** has founded Universal Life Tools training inspiring thousands of people to become more relaxed, happier and healthier through her unique and successful programs including "the wave of Love".

**Tamara Skok** is a Naturopath who will speak with you this year about Cancer prevention and natural therapy techniques that may save your life. Tamara offers her practical and educational techniques again to Folk Medicine audiences allowing you options that are simple and easy to apply.