

Press Release

January 2nd 2007

Woodford Folk festival Radiance

Change was the theme of the 2006-2007 Radiance festival at the Woodford Folk festival. This press release is for the purposes of media who may be interested in the inside perspective to the alternative health scene which was outstanding as presenters offered healthy options to unhealthy society choices, from the physical, to the emotional, spiritual and even the climate and nutritional changes we are experiencing, the presenters at this year's festival certainly opened hearts and minds as they shared their passions of research, experience and love to the heart-felt Woodford folk festival audiences. Every presentation was received by a full house at the famous Blues tent each morning where three hours of radiance opened minds and woke up awareness. The line-up of presenters was organised by internationally acclaimed Author and speaker Graeme Sait who pulled together an interesting assortment of representation from the alternative health field.

Dominique Finney spoke about the basic hormonal cycles that create sexual imbalance in our lives. The session "Sex, hormones, fertility and longevity" went into detail of the hormonal cascades and stress-induced societal pressures that attribute to low libido, oxidative stress, infertility and lack of energy and life force.

Dominique spoke about how to create and maintain your own Wellness Zone for 2007 in her second talk. Details were revealed about societal illness such as cardiovascular disease, obesity, arthritis, and diabetes which we are all prone to simply by living the western lifestyle. Dominique explained in simple terms strategies you can take to help prevent the onset of these environmental illnesses as well as strategies to mitigate unhealthy lifestyle choices, such as detox therapies and healthier local food options. She explained that nutritional and genetic medicines are the medicines of the future.

Dominique is committed to ethical medicines and includes politically inspiring concepts into her talks. In 2005 Dominique published her first book "The Wellness Zone" which was well received at the festival.

Dr Carole Hungerford presented on the biochemistry of foods, nutrients and medicines. Carol certainly brought the house down with simple applicable translations of cellular pathways and nutrient requirements for optimal health. Her book "Good Health in The 21st Century" has won the prestigious Premiers award in the category of science for 2006 and Carol is a walking encyclopedia of biochemistry which she is only too willing to share with her captive audience. Dr Hungerford gave two presentations which allowed the audience to bridge the gap between the alternative and the main stream medical worlds. There are many GP's who practice nutritional medicines and Dr Hungerford gave clear, concise and very interesting details of what you can do to make your life healthier and avoid illness. Dr

Hungerford is a person who clearly loves her work which is reflected in the simple explanations she gives to the gritty detail of biochemistry. She wants us all to understand the biochemical pathways in our body and what we can do to help ourselves become healthier tomorrow.

Nimbin GP and inspirational speaker Dr Jacqueline Boustany audiences were literally in tears as they listened to her life changing concepts of the body map and how you can learn to listen and change your life through basic understanding of your mental , spiritual and physical needs. Jacqueline has a certain eloquence in her talks that mesmerizes the audience and allows each person to feel inclusive. This allows you to close your eyes and just allow yourself to feel your body and tune into the experience of growth and evolvment which is exactly where Jacqueline wants to place you. "Claim your birth right" was the message, take what you deserve and have consciousness and spiritual growth in the process.

When you listen to speaker Dr Ian Gawler you realize and recognize that once you master the fine art of meditation then you are truly learning to protect your body against cancer and illnesses that will prevent you from true health. In the two talks Dr Gawler presented each listened developed a new sense of respect for personal growth and commitment to your own cancer prevention program. Dr Gawler was welcomed with loving arms by an established Woodford fan club who know his work and seek future developments and inspirations from this family man who has shown us through experience that you too can make the most of your life's potential. Dr Gawler's books and Cds are popular tools for anyone who wants to protect themselves and their loved ones against cancer.

If you think you can eat what you like, think again says Author and nutritionist Cyndi O'Meara who as always holds an audience intrigued with detailed and up to date health issues. Cyndi has a special way of explaining the concept of clean food, clean living and clean cellular health to her listeners. Many people who listened to Cyndi's talk will never drink carbonated drinks, eat from Plastic containers or use aluminum products again. Awareness of what you put in your mouth and understanding why you do it is the theme and Cyndi is the lady to tell you how you too can stay healthy.

Canberra radio announcer and Naturopath Rebekah Bowman spoke of childrens health , family and the must have information every parent , prospective parent and even grandparent should have to help children grow up as healthy and whole people.

Rebekah shares this information from her heart and the audience relished in techniques to assist them become more connected and to better communication and relationships as a family. Rebekah has a beautiful stage presence and ability to hold the listener in understanding of her message.

If you wanted an understanding of spirit, life cycles and the concept of intuition and spiritual healing, then Sydney based Steve Riek was the man to tell you. Steve shared many personal and professional spiritual healing experiences with his listeners as they

grasped the understanding that life is a samara or wheel of experience that will continue and teach you what you need to learn in the most appropriate and necessary way. Steve explained that you have lived many times and you will live many times again. If you take his message then you will never waste resources or pollute the planet again, as simply you will be back to experience it all again. So, make the most of this life, make the world a better place and take Steve's message of growth and understanding to heart. He certainly opened many eyes as he told stories of healing experiences and life changing events.

Dave Engwicht is a presenter with absolute presence and charisma. He has an understanding of people that he translates back to the audience in a tantalizing and transforming manner. Dave has the ability to bring his audience into his mind and include them into his presentation in such a way that they feel an essential need to transform outdated thought patterns and behaviors. His talk ended with the audience in a state of metamorphosis. Old patterns and behaviors falling to the floor everywhere. This talk was emotional, back to basics and clever with wit, simplicity and understanding that every member of our community is valuable. Dave was realistic in his perceptions about placement, value, human worth and how you can give credit where credit is due to those in your community. Respect was the message here, and there was respect for this speaker as he presented his ground breaking thoughts.

Back on planet earth, we have the all encompassing issue of Global warming. Just 1 or 2 degrees and we have malaria in Hobart says Dr Carole Hungerford, and speaker Climatologist Sid Plant has spent a lifetime researching , observing and recording information on Climate change. If you were privileged to be at this presentation you would have heard the latest research, the statistics and the odds of a good future for the planet unless something is done now. Sid spoke in detail about how you can make a difference as you live and how essential it is that the planet is brought back into harmony. This is not a job to be left to our children and grand children. Why should they clean up our mess? Sid has a life time of experience behind him to back up the information he shared with the audience and after listening to this talk you can only make a personal effort to help prevent further destruction and damage to our mother earth.

Lionel Fifield founded the relaxation centre and spoke to the radiance audience about stress relief. This presenter was relaxed and spoke about how to turn your life around from the generally accepted levels of high stress to a slower and healthier existence. Any one who has experienced the festival at Woodford will know that this is not a stressed place; there is a certain ambience that resonates through the festival, as patrons drop their usual business demure of stress related lifestyles to enjoy a week of festivities. Lionel took people to a new awareness that the stressful world of so called normality is actually a hindrance to your health and certainly not beneficial to longevity or your future enjoyment. So, quit your job when you can afford to, travel the path of the stress free retiree and enjoy every moment. Many people who heard Lionel speak have enjoyed their post Christmas break with extra zeal and they realize this could be the way of the future. Remember that Stress is not the solution, relaxation and good living is the path to health and Lionel shared his experiences and inspired his audience to do the same.

Radiance organizer Graeme Sait spends much of his time traveling the world and speaking

to educated audiences about soil health , human health and ways that we can pro actively make our lives and the life of our planet richer and healthier. Graeme's talks were all inspiring, educating and an excellent example of how to live appropriately in a sustainable world. Graeme obviously spends hours researching, analyzing and comprehending the science of nutrition, which he shares enthusiastically with his large base of regular audience. Graeme has the ability to relate soil health, plant health, animal and human health in a cycle of intertwined environmentally friendly language that the audiences relish. If you wanted an understanding of matter, minerals, and nutrients and how they work, Graeme certainly offers in his books, DVD's and presentations comprehension that every gardener and health conscious person will want to know about.

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On behalf of Dominique Finney medicineroom media

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