

DAY 1: MONDAY, AUGUST 22



**Eric L. Zielinski, DC,
MPH (c)**

**What Every
Aromatherapist,
Blogger and Mom
Needs to Know!**

- 6 tips to discovering the right brand for you
- Quality, contamination, drug claims and regulation
- The Great Aromatherapy Debate



Robert Pappas, PhD

**Debunking the Most
Common (and
Dangerous!) Myths**

- Truth about “therapeutic grade”
- Synthetic vs. natural essential oils
- Testing, regulation and private labeling



Kristen Draughon

**The True Power Behind
Essential Oil
Testimonials**

- Tips and secrets from a professional testimonial researcher
- 10,000 stories about how oils have changed lives
- Most popular testimonials and oil searches



James Colquhoun

**Essential Oils and Food
Matters**

- Reaching and empowering through film documentaries
- How “frankincense stone age medicine” can save the world
- 9 essential oils you need in your life!



**Ann Louise Gittleman,
PhD, CNS**

**The Truth About
Essential Oils and the
Bible**

- Best ways to use Biblical oils for health and vitality
- #1 oil you’ve never heard about (and why you need it!)
- Secret to using olive oil leaf extract

DAY 2: TUESDAY, AUGUST 23



Magdalena Wszelaki

How to Rebalance Your Hormones with Essential Oils

- Balance hormones with the Three-Legged Stool analysis
- How to use the most potent hormone balancing oils
- Essential Oil Liver Pack Protocol to metabolize estrogens



Trudy Scott, CN

Addressing Anxiety with Amino Acids and Oils

- Where to start if you're experiencing panic attacks
- Specific oils for anxiety (and how to use them!)
- Practical steps to using oils for mood balancing



Melody Watts

Essential Oils for Mood Management and Stress

- Science behind essential oils and emotional health
- Best oils to overcome feeling overwhelmed
- Using the right oil for specific emotional imbalances



Mariza Snyder, DC

Secret to Hormone Synergy with Essential Oils

- Why women (esp. moms) must reset, recharge and balance
- How essential oils support hormone health
- Practical steps to integrate oils for hormone balance



Véronique Desaulniers, DC

Using Essential Oils to Maximize Women's Health

- 7 essentials for a healthier, happier you
- Specific oils for women's health and hormones
- Debunking breast cancer myths

DAY 3: WEDNESDAY, AUGUST 24



**Michael Breus, PhD,
DABSM**

Essential Oils Strategies for a Better Night's Sleep

- Why a "better night's sleep" should be the ideal
- Using the most researched herbs for sleep
- Why valerian and hops are the #1 sleep solutions



**Peter Osborne, DC,
DACBN, PScD**

Managing the Terrible Triad of Grains, Leaky Gut and Pain

- Important distinction between "symptoms" and "origins"
- Best essential oils for pain and leaky gut
- 7 highly effective habits of a gluten-free warrior



**Brian Mowll, DC, CDE,
IFMCP**

The Truth About Diabetes

- Pre-diabetes, metabolic syndrome and types of diabetes
- Natural strategies (and oils) to improve blood sugar
- Most important thing to do to prevent type 2 diabetes



**Jay Davidson, DC,
PSc.D**

Beating Lyme Disease with Essential Oils

- Why Lyme is the great mimicker of disease
- 5 steps to health restoration
- Best oils for Lyme disease



**Scott Johnson, AMP,
IEOC3, CCMA, CPC**

Managing Learning Disabilities and ADHD with Oils

- Why children are being diagnosed with ADHD today
- How essential oils can help promote brain balance
- Ways oils can help children and adults with ADHD

DAY 4: THURSDAY, AUGUST 25



Jill Winger

Essential Oils Cleaning Hacks for the Homestead

- Importance of exact measurements in DIY recipes
- Best, most effective oils for powerful cleaning
- Things to know when making DIY cleaners



**Joette Calabrese,
CCH, RSHom(NA)**

Raising Healthy Families with Essential Oils and Homeopathy

- Underlying cause of most health conditions today
- How oils, homeopathy and nutrition work together
- Step-by-step protocols for common family health concerns



Wardeh Harmon

Practical Tips for Cooking with Essential Oils

- Difference between using oils for cooking and medicine
- Best essential oils for cooking
- Getting started with easy (and tasty!) recipes



Lauren Bridges

A Mother's Journey with Cerebral Palsy

- Aromatic medicine 101
- Using essential oils with special needs children
- Critical risks and benefits you MUST consider



**Jennifer Iserloh,
CHC**

Essential Oils in Food to Heal the Body and Mind

- Inspire a more spiritual connection with food
- How to dose essential oils for recipes
- Integrating oils into the recipes you love



**Janet Roark,
DVM**

Common Essential Oil Usage with Animals

- Animal aromatherapy 101
- Using essential oils on specific animals
- Favorite animal-friendly DIY recipes

DAY 5: FRIDAY, AUGUST 26



Sylla Sheppard-Hanger, LMT

Leaving a Legacy to Serve

- How Manhattan was aromatized during 911
- Preventing PTSD in first responders and service workers
- Best aromatherapy techniques to help with PTSD



Karey Shane

Touching the Heart and Soul of Sex Trafficking Victims

- Using aromatherapy to cope with fear and trauma
- Ways to use biofeedback and heart rate variability
- Aromatherapy techniques for PTSD



Niki Gratrix, BA, DipION, mBANT, CNHC

Essential Oils to Reverse Emotional Trauma in Childhood

- Health implications of childhood emotional trauma
- Not becoming a victim of adverse childhood events (ACEs)
- EO protocol to help reverse the 4 stages of trauma



Mary Clendenin

Using Essential Oils to Manage Grief

- Stages of grief and how our body processes them
- Essential oils for different types of grief
- How to help a mourning loved one



Kimberly McGeorge, ND, CNH

Essential Oils and the Frequency of Emotion

- All you need to know about "frequency medicine"
- What frequency has to do with essential oils
- Combining frequency with oils to heal emotions

DAY 6: SATURDAY, AUGUST 27



Robyn Openshaw

The Truth About Skin Cancer

- Learning from global research clinics
- Effective tips to treat skin cancer naturally
- Importance of detox for cancer prevention



Trevor Cates, MS, ND

Enjoy Glowing Skin with Essential Oils

- #1 cause of most skin conditions
- Problem with conventional skincare products
- Favorite essential oils for skincare



Gabrielle Yoder, CNHP

Using Essential Oils for Yeast and Fungal Infections

- Holistic approach to preventing/treating fungal infections
- Remedies for dandruff, athlete's foot and sugar cravings!
- Easy-to-make DIY remedies for the entire family



Wendy Myers, FDN, NC, CHHC

Essential Oils That Aid Detox

- Importance of regular detoxification
- How to access your personal toxicity levels
- Best essential oils for detoxification



Wanda Lee MacPhee, DC

Anti-Aging Inside and Out with Essential Oils

- How epigenetics affect aging
- Chemicals to avoid in anti-aging products
- Easy DIY recipes for healthy aging

DAY 7: SUNDAY, AUGUST 28



John Immel

Ayurveda, Essential Oils and Digestive Issues

- What is your dosha?
- Ayurveda's approach to essential oils
- Best essential oil therapies for digestion



Jan E. Patterson, MD, MS, RA

Practical Tips from an Infectious Disease Physician

- Effective oils to combat multidrug resistant bacteria
- Blends for digestion, emotional health, focus and stress
- Sage wisdom for healthcare providers



James Maskell

Evolution of Medicine and Essential Oils

- Reestablishing the optimal therapeutic order
- Fighting for the freedom to choose
- Role of essential oils in community healthcare



Nyssa Hanger MA, LMT, RYT

How Aromatherapists Are Best Fit to Serve

- How to serve: Hazards and roadblocks
- Steps to get involved in your community
- How to prevent compassion fatigue



Katharine Koeppen, RA, LMT, BCTMB

Consequences of Our Love Affair with Aromatherapy

- Essential oil sustainability and "extinction"
- Most commonly adulterated oils
- Action steps to preserve essential oils