



# Alive and Healthy Conference

## **The Alive and Healthy Conference aboard The Queen Mary in The Victoria Room and Deck:**

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March 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> 9-6pm [www.purplev.com/alivehealthy](http://www.purplev.com/alivehealthy)

## **The Alive and Healthy Conference: Cure What Ails YOU!**

January, 2<sup>nd</sup>, 2013 (Long Beach, CA)-- When Eastern and natural systems of self-healing examine health and balance, they offer a very different approach than our more familiar "Western" medicine point of view. In natural health practices, there will never be a single pill, diet, exercise, surgery, or lifestyle that will cure what ails **all** people. Why? Because the "average person or condition" does not exist. Each person and each ailment is unique. This philosophy is not just limited to the comprehensive understanding of an individual's physical well being, it applies to every aspect of a person's life.

"Ayurveda treats every patient as a unique individual with unique qualities.", Explains Dr. Paul Hoffman, M.D. and Ayurvedic physician who will be headlining at the Alive and Healthy Conference. "Diet is consistently neglected in allopathic medicine, and the dietary concepts of medical systems can be interpreted, modified and augmented by Ayurvedic [ and other natural health] principles."

The Alive and Healthy Conference was created to offer a gamut of personalized natural health and wellness practices, including: Chinese Medicine (Chi Nei Tsang), Ayurveda, Homeopathy, Spiritual Psychology, Raw and Organic Foods, Yoga, Energy Healing, A Healthy Lifestyle Product Exhibition, all addressing specific needs and concerns about being and staying well. People with specific illnesses that are difficult to manage and not responsive to standard allopathic care will also benefit from this event.

Event founder and natural health practitioner, Vaishali, (who cured herself naturally of two terminal illness diagnoses) explains "Knowledge is power, but only when you know how to use it wisely. Every aspect of 'The Cure What Ails You' event is designed to empower the public with across the board knowledge about natural health, complementary medicine and well-being for the mind, body and spirit."

Interactive workshops include raw food benefits, Chi Nei Tsang massage therapy and a how to make natural skin care products from your kitchen demonstration, one-to-one practitioners forum (where the audience will have the opportunity to speak and consult the speakers), and a morning yoga class on The Queen Mary deck. Panels with wellness experts will answer questions from the audience. The Alive and Healthy Conference will gently guide attendees through a variety of wellness practices and options. To keep things light, for one night only The Alive and Healthy Conference partnered with The Queen Mary, offering their legendary "Haunted Encounters Tour" at a discounted rate of \$39.00 (pre-enrollment only).

If you can stand in the wake of a health challenge with an open heart and a knowing that you have more power than you may be aware of, you have just begun to Cure What Ails YOU!

### **Tickets:**

Three day tickets (includes admission to the conference, practitioners forum, raw food and natural skin care demonstrations, morning deck Yoga class and panels) \$99.00 in advance.

One day admission \$49.00 in advance.

The Queen Mary's Legendary "Haunted Encounter's Ghost Tour \$39.00 in advance only. (Saturday, March 23<sup>rd</sup> 7-8pm)

For more info or a complete the conference schedule visit: [www.purplev.com/alivehealthy](http://www.purplev.com/alivehealthy)