



CENTRAL FLORIDA
HOLISTIC HEALTH EXPO
Naturally

OCTOBER 10 & 11

Saturday 10 a.m. – 5 p.m.

Sunday 11 a.m. – 5 p.m.

Hilton Orlando/Altamonte Springs

FREE ADMISSION & PARKING • DOOR PRIZES ALL WEEKEND

The Holistic Health Expo Central Florida brings together integrative health practitioners, wellness experts, natural product providers, fitness and nutrition professionals and advocates for sustainable living in an engaging community setting.

Designed for both newcomers and those already pursuing a holistic lifestyle, the Expo offers opportunities to learn about emerging health innovations, time-honored healing practices and practical ways to support greater well-being. Attendees can meet local practitioners, experience wellness therapies, discover natural products and services, attend educational presentations, and connect with others who share an interest in healthier living.

Exhibitors represent a broad range of approaches, from evidence-informed integrative care and modern wellness technologies to nutrition, fitness,

mind-body practices and traditional healing methods. The event encourages attendees to ask questions, explore different options and develop relationships with trusted local resources.

A featured panel discussion, “Modern Science, Ancient Healing: Finding the Best of Both Worlds,” will bring together professionals from multiple disciplines. Panelists will examine how emerging health innovations can complement foundational wellness principles and traditional practices, helping individuals make more informed and personalized health decisions.

Door prizes will add another element of discovery throughout the weekend. Participating exhibitors have contributed complimentary wellness sessions, consultations, natural products and curated gift packages. Attendees receive a door prize ticket at entry, while those registered in advance for a FAST PASS receive an additional ticket at check-in.

Winners will be drawn and posted throughout the event. Each winner may select an available prize and then visit the contributing exhibitor’s booth to claim it. Attendees must be present to win.

Presented in connection with *Natural Awakenings* Central Florida, the Expo expands the magazine’s educational mission beyond the printed page. It creates a setting where readers can meet the people behind the practices, experience new approaches firsthand and learn more about the wellness resources available throughout the region.

Attendees are encouraged to explore the full exhibitor area, participate in presentations and demonstrations, and remain open to new ideas. A meaningful next step toward improved health and vitality may begin with a single conversation.

ADVANCED RELIEF TECHNOLOGIES

TENS and EMS devices plus compression, percussion, heat and infrared products for pain relief, muscle activation and recovery.
HiDow.com

AGARA LIFE

Functional coffee blends formulated with wellness-focused ingredients to support sustained energy, mental focus, balanced mood, metabolism and healthy weight-management goals.

BARRY HELM

Intuitive energy healing, spiritual bodywork, readings and workshops designed to support balance, clarity and personal growth.

BEEM LIGHT SAUNA COLLEGE PARK

Red light therapy and infrared sauna experiences that complement healthy lifestyles, relaxation and self-care routines.

BeemLightSauna.com

BHAVNA'S WELLNESS GROUP

Energy healing, intuitive readings, coaching, books and handcrafted items that support personal and spiritual growth.

BHWellnessGroup.com

BETANIA BEAUTY LLC

Professional hair tools for salon and personal styling.

CARBON 60, INC.

C60 supplements in oils and water, topical products, facial serum and options formulated for pets.

C60.com

DOTERRA PURE DROPS

Essential oils, nutritional supplements, personal care products and practical education for natural living.

Home-Essential-Oils.com

DR. NICOLE WITH SUPERPATCH

Drug-free neurotechnology and personalized wellness coaching intended to complement a healthy lifestyle.

SuperPatch.com

EDEN

Education about medical cannabis, available product options and Florida's Medical Marijuana Program, helping patients better understand the process and make informed decisions based on their individual wellness needs.

EdenFlorida.com

ELOURA WELLNESS

Comprehensive lab testing, hormone optimization, medical weight management, peptide therapy and wellness injections through individualized care plans.

ElouraWellness.com

ETHEREAL DRAGONFLY CANDLE COMPANY

Hand-poured soy candles with crystals and botanicals to encourage mindfulness, reflection and intentional living.

EtherealDragonfly.com

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FAIM FUNCTIONAL AND INTEGRATIVE MEDICINE

Conventional, functional and integrative medicine with advanced testing, nutrition and lifestyle strategies through personalized patient-centered care.

FAIMHealth.com

FERMAGLO

Fermented hair, scalp and beard care products developed through a clean-beauty approach and designed to support healthy growth.

FermaGlo.com

FLORIDA NATUROPATHIC PHYSICIANS ASSOCIATION

Nonprofit organization representing naturopathic doctors in Florida and supporting education, advocacy and professional connection.

FNPA.org

SPONSOR

FLORIDA'S BEST INC.

American-made pain relief, bath and body, pet care and supplement products with samples and demonstrations.

FloridasBest.com

HEALTHY MINDFUL SELF

Mindfulness education and integrative practices that encourage awareness, balance and practical habits for daily life.

HOLISTIC HEALING & EARTHLY ENCHANTMENTS

Sterling silver jewelry, Reiki gemstone jewelry, crystals, candles and books supporting wellness and spiritual connection.

HOMETOWN ACUPUNCTURE & INTEGRATIVE MEDICINE

Acupuncture and integrative therapies for chronic pain, neuropathy, digestive concerns, autoimmune conditions, stress and other persistent health concerns.

MyHomeTownAcu.com

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INEKAWA FOUNDATION

Spiritual retreats, community classes and workshops that foster connection, reflection and personal growth.

Inekawa.org

INSIGHT CHIROPRACTIC HEALTH & WELLNESS CENTER

Chiropractic care, acupuncture, nutrition, functional medicine, hyperbaric oxygen therapy and infrared light therapy through personalized plans.

InsightChiroHealth.com

INSTITUTE OF LIGHT AND SOUND HEALING

Intuitive vibrational energy sessions using light, sound and frequency to support relaxation and balance.

Thervo.com

LIFEWAVE CF BRAND PARTNER Education about wearable phototherapy patches designed to complement personal wellness routines without drugs or stimulants.
[LiveYounger.com](https://www.liveyounger.com)

MAXSTRENGTH FITNESS OF WINTER SPRINGS

Private, trainer-guided strength sessions using controlled workouts designed for efficiency, joint comfort and healthy aging.
[MaxStrengthFitness.com](https://www.maxstrengthfitness.com)

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Meditation, metaphysical workshops, spiritual presentations, books, Biopulsar energy readings and auric DNA photography.
[MehtaMetaphysicalCenter.com](https://www.MehtaMetaphysicalCenter.com)

MIND BODY HEALING LLC

Neuro Emotional Technique, transformational coaching and customized hypnotherapy to address stress, emotional barriers and recurring patterns.
[MindBodyHealingStudio.com](https://www.MindBodyHealingStudio.com)

NACURA LIFE LLC

Handcrafted, mineral-rich botanical skin and body products made in Florida using carefully selected ingredients and trusted family formulas.
[NacuraLife.com](https://www.NacuraLife.com)

NI'S CHINESE MEDICAL CENTER

Acupuncture, customized herbal formulas, therapeutic treatments and personalized dietary and lifestyle guidance rooted in Traditional Chinese Medicine.
[DrBoni.com](https://www.DrBoni.com)

NORSAN INC.

Sustainably sourced fish and algae omega-3 oils for adults and children, along with education and product tastings.
[Norsan-Health.com](https://www.Norsan-Health.com)

NORWEX

Innovative microfiber, water-based and enzyme-based cleaning solutions designed to simplify household cleaning, reduce waste and minimize reliance on traditional chemical cleaning products.
[Norwex.com](https://www.Norwex.com)

OLYLIFE X THE FREQUENCY AWAKENING

Innovative PEMF and terahertz frequency devices designed to complement proactive wellness routines and support relaxation, energy, circulation and overall well-being.
[TheFrequencyAwakening.com](https://www.TheFrequencyAwakening.com)

ORLANDO'S SPIRITUAL BOUTIQUE

Reiki, meditation, sound baths, mini healing sessions, handmade spiritual candles, crystals and incense.

PALMER NATURAL HEALTH

Noninvasive Quantum Nutrition Testing with personalized lifestyle coaching, vitamins and herbs to support natural wellness plans.
[PalmerNaturalHealth.com](https://www.PalmerNaturalHealth.com)

PEAK PERFORMANCE HEALTH

Concierge longevity care specializing in hormone optimization, medical weight management, comprehensive testing and personalized treatment plans.
[PPHClinic.com](https://www.PPHClinic.com)

PURE HOPE WELLNESS DO TERRA WELLNESS ADVOCATE

doTERRA essential oils, foundational supplements, digestive probiotics and natural wellness solutions for active lifestyles.
[PureHopeWellness.com](https://www.PureHopeWellness.com)

RAINBOW HEALTH COMPANY

Kure-It Bible Healing Oils made with frankincense, myrrh resins and olive oil for faith-inspired self-care.
[BibleHealingOil.com](https://www.BibleHealingOil.com)

REIKI HEALER MARY

Gentle Reiki energy-healing sessions encouraging relaxation, grounding, emotional balance, spiritual connection and renewed clarity.

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Custom replacement windows and patio doors with consultation, professional installation and long-term support.
[BestWindowsFlorida.com](https://www.BestWindowsFlorida.com)

SY MANAGE PAIN SUPPLIES

Pain relief, mobility, beauty and personal care products designed to support everyday comfort and well-being.
[SyManagePainSupplies.com](https://www.SyManagePainSupplies.com)

TECHINNOVATION

Red light therapy devices designed to complement wellness routines focused on recovery, healthy aging and pain management.
[ElevareSkin.com](https://www.ElevareSkin.com)

THE VESICA INSTITUTE

Spiritual and vibrational science education, online learning, books and natural gemstone jewelry through the PurCrystal collection.
[Vesica.org](https://www.Vesica.org)

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[Trulieve.com](https://www.Trulieve.com)

VITA SANA LIFESTYLE MEDICINE

Direct primary care and evidence-based lifestyle medicine through telehealth, emphasizing prevention, nutrition and personalized ongoing support.
[VitaSanaLifeMed.com](https://www.VitaSanaLifeMed.com)

VITAL VINES INTEGRATIVE MEDICINE

Acupuncture, fire cupping and lifestyle guidance through personalized Traditional Chinese Medicine care.
[VitalVines.net](https://www.VitalVines.net)

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Nutrition education and scientific information supporting traditional foodways and an inclusive Wise Traditions diet.
[WestonAPrice.org](https://www.WestonAPrice.org)



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Wellness in Balance

Eight Experts Explore Where Modern Science and Time-Tested Healing Meet

Saturday, October 10 • 2 P.M.
Holistic Health Expo | Hilton Orlando/Altamonte Springs (Amphitheatre)
Seating Limited | Registration Recommended

What happens when emerging health technologies meet the traditions that have supported well-being for generations? Eight Central Florida practitioners will explore that question in a moderated conversation at the Holistic Health Expo. Expect brief introductions, focused questions, practical takeaways and time for audience questions.

MEET THE PANELISTS —————



Helena Bukritsky

Compounding Pharmacy and Peptide Therapies

A pharmacist's perspective on personalized formulations and emerging peptide therapies.

Medica Pharmacy | MyMedicaRx.com



Justin Kennedy

Strength, Fitness and Healthy Aging

Practical strength training for lifelong vitality.

Max Strength Fitness | [MaxStrengthFitness.com/Winter Springs](https://MaxStrengthFitness.com/WinterSprings)



Hope Clark

Essential Oils and Mind-Body Wellness

Natural health leader on clinical use of essential oils and mind-body wellness practices.

Pure Hope Wellness | PureHopeWellness.com



Tim Monaco, AP, LMT

Acupuncture and Therapeutic Bodywork

Traditional healing practices and modern approaches to movement, recovery and performance.

Insight Chiropractic Health & Wellness Center | InsightChiroHealth.com

WHAT TO EXPECT

A moderated discussion about integrative care, personalized wellness, movement, mindset and the questions people should ask when exploring new therapies. The conversation closes with audience Q&A.



MEET THE PANELISTS



Sean Olenek, DC

Chiropractic and Integrative Care

Functional care and recovery technologies.

Insight Chiropractic Health & Wellness Center | InsightChiroHealth.com



Russell Smith, DSc, PA-C, DipACLM

Lifestyle Medicine

Everyday habits for long-term health.

Vita Sana Lifestyle Medicine | VitaSanaLifeMed.com



Varsha Rathod, MD

Integrative and Functional Medicine

A physician's functional approach to individualized care.

Functional and Integrative Medicine | FAIMHealth.com



Bhavna Srivastava

Hypnotherapy and Transformational Coaching

Mindset and hypnotherapy for personal change.

Bhavna's Wellness Group | BHWellnessGroup.com