Photos



Dr. LuLu Shimek



Adora Winquist

Title: Regenerate: Activating the Whole Body System by System

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and
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Abstract for Workshop

Current widespread sympathetic dominance, anxiety and cognitive dysfunction places significant demands on the alternative medical community to create consistent, successful protocols to achieve balance within the nervous system. The case studies of patients in *Phase 1* provided a common bond to trauma exemplifying the sympathetic dominance with a focus on chronic anxiety.

The discovery was made, by regenerating the whole body system by system at a cellular and at functional level the patients experienced deeper and long lasting health. Further prevention of chronic disease and systemic breakdown was developed in *Phase 2* maintenance program.

Proven therapeutic protocols as well as hypothesis for further peak performance will be discussed with consideration and application to professional practice.

Time of Presentation: 1 hour

Learning Objectives:

1. Overview and Organ Specific Focus: Nervous System
2. Protocols for a holistic alternative approach
3. Case studies of success
4. Future hypothesis and project evolution

Biographies

Dr. Lulu Shimek

Dr. LuLu Shimek is a Naturopathic Physician practicing in Asheville, North Carolina, United States. Dr. Shimek graduated from the world renowned Bastyr University with a doctorate in Naturopathic Medicine. She works with patients suffering with chronic disease and specializes in autoimmune disease, digestive disorders, and chronic pain. Dr. Shimek runs an integrative clinic, *Epione Clinic for Integrative Healing*, where the focus is in working with patients suffering from physical, emotional and mental trauma. She has published many articles, including WNC Woman Magazine, as well as is featured on the local tv station, WLOS, providing prevention and wellness for the community. Dr. Shimek is a political advocate for health as Vice President of the North Carolina Association of Naturopathic Medicine and frequents Washington, DC to liase for health care reform.

Education:

- Doctorate of Naturopathic Doctor, Bastyr University Seattle, WA
- Board Certification: North American Board of Naturopathic Examiners (NABNE)
- BFA Interior Design, University of Georgia
- Certificate in Homeopathy, NESH (New England School of Homeopathy)
- Master Herbalist, American College of Health Sciences
- Master of Science in Herbal Medicine, American College of Health Sciences

Adora Winquist

Since 1998, Adora Winquist through ADORAtherapy and her other subsidiaries has supported the quest for stress reduction, personal growth, and overall health and wellness with a vast selection of true aromatherapy products, specialized private energy medicine sessions and group facilitating and mentoring.

Adora has been in practice as an energy healer and aroma therapist since 1998. Her training encompasses a diverse study in vibrational medicine, including Reiki, gem and flower essences, aromatherapy, and essential oils. Her essential oils studies let her from The School for Aromatic Studies to Rutgers University, where she completed the International Training Program in Essential Oils: Advanced Studies. She has travel-studied through India and Egypt. She is also a graduate of the acclaimed Barbara Brennan School of Healing, a specialized four-year college for the study of vibrational healing with a focus in hands-on healing, the human energy field, and psychodynamics. Adora is a graduate of the Institute of Integrated Nutrition.

Adora has been a mentor and teacher for countless women with accessing and embodying their personal feminine power. She has also dedicated time and work with hospice and HIV patients, and was

featured as an alternative practitioner for a local PBS special about hospice care while residing in South Florida. Adora has also given lectures on alternative healing modalities and facilitated group healing work across the United States.

Adora credits finding her way to the health and wellness arena to her time spent working for corporate America. Her strong observation of a need for positive and uplifting energy in the workplace inspired Adora to create a number of nationally award winning products and countless appearances in local and national print and digital media. Adora's own spiritual awakening, from her early twenties on, led her to combine her two passions — energy medicine and aromatherapy — in the unique formulation of the Adoratherapy collections. Her extensive knowledge and unique skills lend to the formulation of this highly innovative line of products, supporting personal growth, empowerment, and overall well being and thus pioneering the next evolution of aromatherapy and energy medicine.

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