

The Holistic Healthcare Expo

Sponsored by Purific Healing & Bedford Chiropractic Clinic

11th June 2023 – 11am

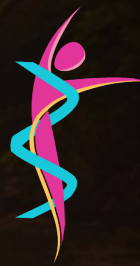
Luton RFC, Newlands Road, LUTON LU1 4BQ

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BEDFORD
Chiropractic
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Health and Wellness for Life



Download this expo booklet

www.bedschiroinfo.co.uk

Welcome...

...to The Holistic Healthcare Expo 2023

Join us on a journey to wellbeing, where we will explore the healing power of holistic medicine and natural practices. From yoga and meditation to diet and nutrition, we will provide the tools and resources to help you achieve a healthier lifestyle. Discover the power of holistic healing and how it can transform your life!

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Bedford Chiropractic Clinic

Dr Surinder Sandhu

Whether you're a sports person with an injury, have sciatic pain or just constantly feel like your neck is hurting... it doesn't matter. You can live a pain-free life. Bedford Chiropractic Clinic offers you effective, non-invasive, drug-free chiropractic care that will improve the quality of your life. Dr Surinder Sandhu has a Masters of Science in Chiropractic, is registered with the General Chiropractic Council and has over 25 years experience

"You can't enjoy wealth if you're not in good health" – Dalai Lama



Dr Surinder Sandhu

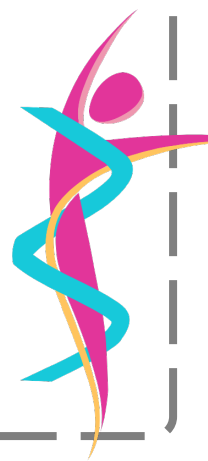


Bedford Chiropractic Clinic SPECIAL OFFER

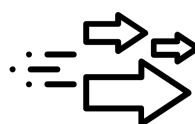
Initial Consultation, examination & posture scan

Normally ~~£69~~ at Expo: £37

Plus+ Taster Session Indian Head Massage when booking at the Expo



SCAN to contact
Dr Surinder
Sandhu



Bedford Chiropractic Clinic

Dr Surinder Sandhu

t: 01234 353 937

e: admin@bedschiro.co.uk

w: www.bedford-chiropractor.co.uk

Purific Healing

Emz Rhiney

I have been a physical therapist for over 17 years. My passion is to help bring peoples' health back into balance holistically using effective non- invasive interventions and techniques. I primarily work on the Musculoskeletal and Nervous systems specialising in soft tissue therapy, corrective exercise, sport specific rehab and nutrition. I am based in Luton and Harpenden.

Sports Therapist BSc (HONS)
Corrective Exercise Specialist CES
GP Exercise Referral Specialist ERS



Emz Rhiney

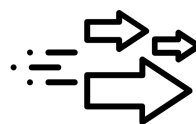
Our motto "The goal is greater than the struggle" and "Move it or Lose it".

Purific Healing - SPECIAL OFFER

33% Discount

Via 15 min taster sessions at the Expo

SCAN to contact
Purific Healing



Purific Healing
Emz Rhiney
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t: +44 7944 692 031
w: www.purifichealing.com/

Acupuncture, Reflexology

Alafia Holistic

An experienced Advanced Nurse Practitioner with over 40 years experience. A licensed Chinese acupuncturist, Reflexologist, masseur and Yoni Practitioner and womb health Practitioner. I specialise in infertility and the menopause. I also sell yoni herbs and womb related products.



Hazel Stewart

**Wild Women Womb
Glamping Ceremony
11-13th August 23
Sittingbourne Kent**

Instagram [alafiaholistic14](#)
<https://www.alafiaholistictherapies.com>



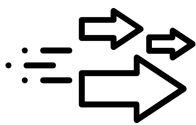
**Alafia Holistic
SPECIAL OFFER**

Ear acupuncture, body
acupuncture and
Reflexology wellbeing
benefits.

£5 Off

Any Purchase at Expo

SCAN to contact
Alafia Holistic



Alafia Holistic
Hazel Stewart
e: alafiaholistictherapies@gmail.com
w: www.alafiaholistictherapies.com
i: [alafiaholistic14](#)

Bioresonance

Delia Rosenboom

How would it be if you...

- Had a powerful, effective and side-effect-free means to enhance your family's health and treat everyday ups and downs?
- Feel if you could easily and simply reduce stress and inflammation, strengthen immunity, boost energy levels and optimise your health?
- Powerfully help prevent catching colds, coughs and everyday bugs?
- Had a potent yet harmless way of treating illness without the need for medical intervention or conventional medications?



Delia Rosenboom

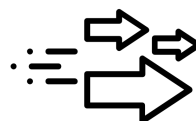


This, and more, is what bioresonance can offer. Bioresonance GB offers medically diagnostic bioresonance scans, in E. Sussex and in Bedford, and mini portable bioresonance treatment devices for the whole family. Interested?

SCAN to contact
Delia Rosenboom



Delia Rosenboom
e: delia@bioresonancegb.com
W: www.BioresonanceGB.com
t: 01342 825 031



Black Moss & Herbs

Tony Francis

I am an ex semi-pro footballer now sports nutritionist and Seamoss and herb supplier. I want to help people who want or need to dramatically change their diet/ find a different option than the regular means of products, information and direction to other professionals in the more natural health and fitness industry. Come and see me and my raw dry Seamoss, raw Seamoss gel , natural fruit and herb Seamoss gel and a wide range of medicinal herbs to rid the body of disease.



Tony Francis

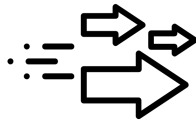
Black Moss & Herbs SPECIAL OFFER

10% Off

Any Seamoss package deals at the Expo

Blackmoss & Herbs
Tony Francis
e: blackmossandherbs@gmail.com
t: 07494 718 426
w: www.blackmossandherbs.com

SCAN to contact
Black Moss &
Herbs



Body Messiah

Dee Carbon

Creator of the Body Messiah Drink and Body Messiah "Eye", **Dee Carbon**, was born on the island of Jamaica. Dee's inspiration to learn and use herbs came from his father who used to heal many local people in Trenchtown, Jamaica. Dee's extensive research and studies have lead him to one fundamental conclusion, the right nutrients that come from earth foods and sunlight is what your body needs to maintain and heal itself. In a nutshell, when it comes to health and healing the body, the blood of the body, is the life of the body - give it the right nutrients, and the body will do the rest.



Dee Carbon

Body Messiah products do just that!

Body Messiah SPECIAL OFFERS

£10 Off

Body Messiah
Drink

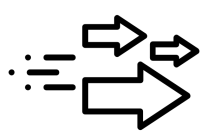
£5 Off

Body Messiah
"Eye"

SCAN to contact
Body Messiah



Body Messiah
Dee Carbon
m: 07936 909 506
e: sc9@gmail.com
w: www.deecarbonbodymessiah.com



Discover The Power of Neurofeedback with BrainFiT®

Your brain is incredible, and so are you!
At BrainFiT®, we're ready to help you
discover your potential and be your best
you, with NeurOptimal® Advanced
Neurofeedback Brain Training. 100% safe, and
non-invasive, with no side-effects or age or
health restrictions, NeurOptimal® is perfect
for individuals, families, businesses, and
health practitioners
who are looking to
support their clients
with additional and
lasting health, healing,
and wellbeing benefits.



Louise Henry



BrainFiT® Neurofeedback SPECIAL OFFER

- **TRY - Free brain training sessions** (at the Health Expo event)
- **RENT - Exclusive 25% discount** on all NeurOptimal® home & business rental packages
- **BUY - NeurOptimal® Advanced brain training systems** and get Free certification training and accessories **worth £600**
- **LEARN - 25% Discount on NeurOptimal®** certification courses

SCAN to contact
BrainFiT



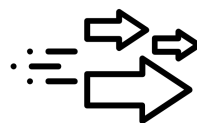
BrainFiT® Neurofeedback

Louise Henry

e: louise@brainfitneurofeedback.co.uk

w: www.brainfitneurofeedback.co.uk

t: 020 3488 9965



Cosmic Energy

The Trinity Balance

Fire Stead is an Electrical Engineer he looks at the body as a system working off frequency. He uses a device called Comera that is a Surgical device that you don't have to cut into the body to start Reversing conditions within.

Shafina deals with Spiritual side of the body. We do Crystals to balance your chakras and Meditation, we do oils, incense sticks, bracelets and pendants. White sage and palo santo to clear negative energy from home and work. For protection from Radiation, Emf, Wi-Fi and microwave we do Shungite.



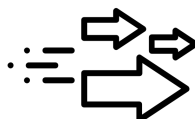
*Fire Stead
& Shafina*

The Trinity Balance SPECIAL OFFER

**Free gifts of incense
sticks on any purchase**

Cosmic Energy
t: 0208 477 1776
m: 07859 240 695
m: 07720 218 001 (Fire Stead)
shafinaakram@Instagram
637B Romford road manor park E12 5AD

*SCAN to contact
Cosmic Energy*



Pain Elimination - *TurboAcupuncture*®

Dr Thay Joe Tan MD PhD DMD/DDS

Multiple Award Winning Acupuncture Expert on pain elimination and Founder of TurboAcupuncture® for Instant Pain Elimination! - THE New Revolutionary Gold Standard in Pain Medicine. **THIS IS FOR YOU**, if you suffer from any kind of physical pain ... no matter how long or how severe ... even if you have already had acupuncture in the past which did not help. Take advantage of this unique opportunity to get helped **get rid of your pain TODAY!**

Dr Thay Joe Tan is the Founder and Director of one of Europe's largest physician-led practices for acupuncture based in Stuttgart, Germany, which was awarded Pain Elimination and Global Doctor Training Center of the Year in 2019, 2020, 2021 & 2022.



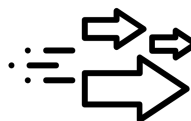
Dr Thay Joe Tan

TurboAcupuncture® SPECIAL OFFER
VALID FOR 14 Days (until 25.06.23)

COMPLIMENTARY (Value £75)

25 minute evaluation of your overall health condition including a personal roadmap to regain your health.

SCAN to contact
Dr Thay Joe Tan



TurboAcupuncture®

Dr Thay Joe Tan

w: www.painfreewow.com

i: www.instagram.com/painfree_doc

WhatsApp ONLY please: +49 176 477 196 47

Pure Natural Spring Water

NZINGA

NZINGA Pure Natural Spring Water is a brand that was launched in 2017. Our water is crystal clear with a refreshing taste that works in harmony with your body. Our water goes through natural filtration as it passes through ORGANIC land, which gives it one of the highest mineral contents of bottled water sold in the UK. It has a pH level of 7.4. Bottled at source in the Mendip Hills. Eco-friendly as the bottle, the cap and label are 100% recyclable.



Judith Jack



NZINGA Pure Natural Spring Water SPECIAL OFFER

20% Off

A case of water 24 x 500ml

Normally ~~£24~~

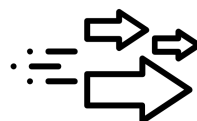
TODAY £19

Buy a bag of 5 bottles for £5

Buy a bag of 10 bottles for £9

All customers who buy the 10 bag bundle will be entered into a raffle at the Expo to win a free case of 24 bottles to take away with them from the Expo on 11.06.23.

SCAN to contact
NZINGA



NZINGA

Judith Jack

w: www.nzinga.co.uk

i: www.instagram.com/nzinga_uk/

Saladmaster Nutrimax Limited

Juliet Sibanda

Saladmaster is leading the society back to healthy home cooking. Our specialist cooking system allows fast, easy cooking nutritious, tasty food. Other benefits are energy savings, reversing some medical conditions and opportunity. Definitely, we are touching and changing lives everyday..



Juliet Sibanda

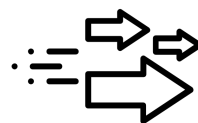
Saladmaster SPECIAL OFFER

Vegetable cake available to taste

SCAN to contact
Saladmaster



Saladmaster Nutrimax Limited
Juliet Sibanda
t: 07885 323930
Suite 103 Christchurch house
40 Upper George Street, Luton. LU1 2RS



Thought Field Therapy Practitioner

Healing Within

Thought field therapy is a tool for helping anyone with psychological or physical issues. It uses unique tapping sequences on the body's energy points to eliminate negative thoughts and emotions. It is a therapy similar to acupuncture but without the needles and much more effective. I have used this therapy for over 15 years and have now qualified as a practitioner.



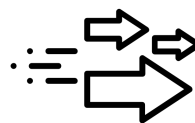
Ruth Hinson

Thought Field Therapy SPECIAL OFFER

10% Off

Your first therapy booking

SCAN to contact
Ruth Hinson



Healing Within
Ruth Hinson
m: 07462 786896
e: healingwithinme@outlook.com

Yanga Natural Skincare

Reg Cole

YANGA NATURAL is a skincare brand with a unique story. The name YANGA originates from Sierra Leone and can be loosely interpreted as 'the time one takes to beautify oneself'.

Inspired by the Ghanaian communities of Accra and Kumasi. We use a combination of tradition and innovation to extract, create and make the most of the botanical ingredients we employ in our products.

Shea Butter, Coconut, and Baobab Oils feature a lot in our products, and they have always been at the heart of YANGA NATURAL's formulations. All of these ingredients are rich in vitamins and antioxidants which are very good for your skin and overall well-being.



Reg Cole



Yanga Natural SPECIAL OFFER

10% Off

Any Yanga Natural deals at the Expo

Yanga Natural

Reg Cole

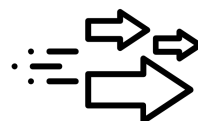
e: info@yanganatural.com

w: www.yanganatural.com

F: www.facebook.com/YangaNatural/

i: www.instagram.com/yanganatural/

SCAN to contact
Yanga Natural



Yemaya Holistic

Hilary Witter

Yemaya Holistic is a complementary therapy practice serving clients in search of a path to healing , empowerment and expansion of potential.

We offer the following modalities:

Theta Healing, Shamanic, Educational Kinesiology incl. Rhythmic Movement Training Healing Movements to support greater Mind-Body coordination, emotional intelligence, reading, writing, memory, comprehension, concentration, verbal communication , Autism, ADHD, SEN etc.

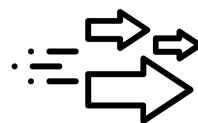
I am a fully certified complementary therapist with 12yrs experience working with both students, educators, home schoolers and a diverse cross section of clients.



Hilary Witter



SCAN to contact
Yemaya Holistic



Yemaya Holistic

Hilary Witter

w: hilarywitter.teamasea.com

w: treeofeternallife.co.uk

i: www.instagram.com/hilaryawitter/

Authentic Sri Lankan Food

Ceylon Pantry



w: www.ceylonpantryonline.co.uk/
t: 01582 285 1366
29 High Town Road, Luton LU20BW

Cards, 3D Printed Models, Laser Engraving...

The Small Dog Workshop

Our ethos is to promote friendship, teamwork and support, very much like the character of the little chap this workshop is based upon...

We are about entrepreneurship, ideas, innovation, opportunity and local community support. We have an interesting and growing portfolio of products and services... Have a browse and see if anything makes you smile.



Jon Lever

The Small Dog Workshop

friendship, support, innovation & opportunity



The Small Dog Workshop SPECIAL OFFER

10% Off

Cards, 3D Models & Engravings, at the Expo!

The Small Dog Workshop

Jon Lever

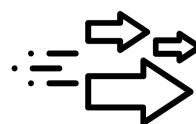
text: 07802721140

e: smalldogworkshop@gmail.com

w: www.smalldogworkshop.co.uk

a DeLever Limited Enterprise

SCAN to contact
SmallDogWorkshop



Competition, sponsored by:

The Small Dog Workshop



friendship, support, innovation & opportunity

B	X	I	H	J	K	W	K	H	Y	W	T	D	Z	Q	S	S	L	Z	D
F	C	O	T	S	P	Y	O	P	O	T	L	N	F	V	F	E	N	P	O
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T	R	A	Y	I	C	E	B	H	H	G	V	W	S	Z	C	Q	A	L	W
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|-------------|----------|-------------|
| Acupuncture | Ashram | Body |
| Ashram | Experts | Expo |
| Body | healer | Healthcare |
| Clinic | Holistic | Luton |
| Muscles | Plant | Reflexology |
| Remedies | Therapy | Thought |
| Turbo | Wellness | Workshop |

Win a £10 Amazon voucher

Only entries presented to The Small Dog Workshop table at the Expo will be entered into the competition. Thank You.

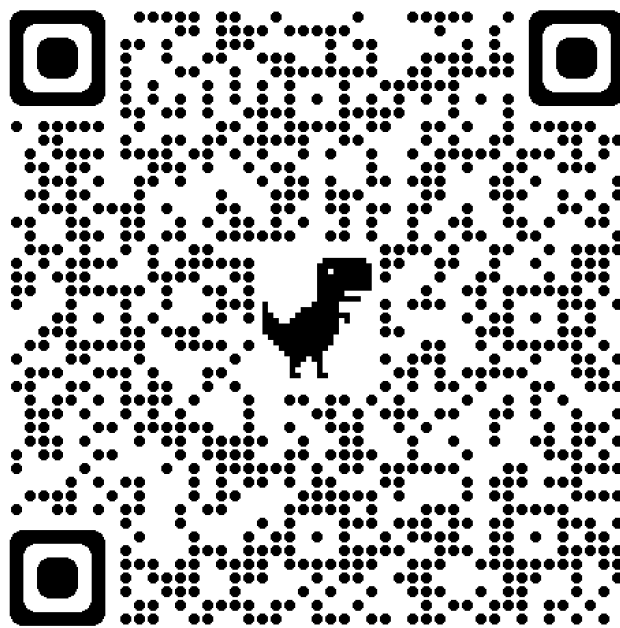
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FEEDBACK

Please tell us about your
Health Expo Experience



Sponsored by:

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Download this expo booklet

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