

Natural Health Network
July 24, 7PM
Horizon Books – Horizon Shine
Traverse City, MI

Those in attendance:

Jan Wigton	Doug Wigton	Tonja Carlson	Christina Siler
Leslie Friend	Mandalyn Tangora	Shannon Weber	Keli MacIntosh
Georgia Knight	Jacque Wilson	Paul Murray	Brant Leonard
Swine Riley	Judy Sheffer	Toni Demilde	

We had another great meeting!

The first official business was to welcome Georgia to the NHN Board in our first non-officer position. Keli made the motion that we adjust our bylaws to include additional members on the board as non-officers and accept Georgia in such a position. Leslie and Tonja seconded the motion and the vote was unanimous. Georgia graciously accepted the position.

Our financial situation has not changed except for membership renewals. Several memberships are up for renewal now. Keep your eye open for a note from Heidi.

The only expected upcoming expenditure is the printing of a renewed version of our directory. All members will be included in the directory unless they let us know that they specifically do not want to be included. HEIDI WILL PUT IN A GENERIC VERSION OF THE MEMBER'S OCCUPATION/PROFESSION UNLESS SHE RECEIVES INFORMATION FROM THE INDIVIDUAL MEMBER. If you have a picture and a small write up about yourself be sure to get it to Heidi at hkistler@centurytel.net. If you do not want to be included in the directory please let Heidi know. The deadline for submissions will be the August meeting. (If you need help getting a digital picture we can have someone take your picture at the next meeting.) We should have copies to hand out to members at the September meeting.

There was no news yet to report on whether or not other venues will be available for our Expo next spring. We hope to announce the date and place at our September meeting. Paul will be meeting with the Resort this week.

Just a reminder – Georgia is keeping a list of new potential vendors for our contest. When you find someone who is interested in being a new vendor at the Expo 2009 let Georgia know (gknight@att.net). She is keeping a master list for mailings. She will keep track of your name with the submission. The person who has the most new vendors will receive their booth (or next year's membership) free.

Everyone is invited to a Raw Food Fun Afternoon at the Shanty Creek Resort Beach Club on Lake Bellaire on Sunday, August 10, from noon til 5:00. For more information contact Paul Murray 231-350-0897 paulemurray2000@yahoo.com

The speakers for this month –

Jan and Doug Wigton - Thermography

Jan and Doug Wigton spoke on using Thermography as a screening tool for breast cancer. Statistics show that “hot spots” can be detected 8-10 years earlier with thermography. The procedure entails a series of photographs with a specialized camera. Pictures are sent off to a specialist for interpretation and a detailed report is sent to you or your doctor. One of the best perks of using this test is that it is non-invasive – there is no discomfort! Appointments can be made by calling 231.946.7360.

Keli MacIntosh and Georgia Knight – Ion Cleanse Detox Footbath

Keli and Georgia demonstrated the Ion Cleanse Detox Footbath. They showed pictures of different changes in the bath depending on what type of toxins are pulled from the body. The Ion Cleanse can be used in conjunction with any herbal or dietary cleanse to improve results. One great benefit of using the footbath is that it lessens the stress on the liver and kidneys during a cleanse. The Ion Cleanse Detox Footbaths are available by appointment at Migun Center – 231.929.8140 and Natural Health Specialists – 231.946.3872.

Our next meetings will be Thursday, August 21st at 7pm at Horizon Books. Enjoy the Film Festival!