

Sarasota's Solutionary Health Festival 2019

Celebrate solutions for a healthier world

FREE
EVENT



3rd annual!

Saturday, November 23
11:00 a.m.-5:00 p.m.



Oscar Scherer State Park

1843 Tamiami Trail, Osprey, FL 34229

HUMANE EDUCATION

Presentations, workshops, food demonstrations, free vegan food samples

VENDORS & EXHIBITORS

Vegan food, free health assessments, eco-friendly businesses, non-profit organizations, artists, animal rescues, and more!

ENTERTAINMENT

Live music, dancing, games & prizes, bumper balls, activities for children

SarasotaHealthFest.org
team@solutionaryevents.org | 727-489-4497



INFO GUIDE

About Sarasota's Solutionary Health Festival

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Sarasota's Solutionary Health Festival is intended to be an amazing day of changing hearts, minds, and futures! A Solutionary is someone who thinks conscientiously about their behaviors and choices to reflect being a part of the world's solutions for people, animals, and the environment. Everyone wants to be healthy and happy! Solutionary health is about understanding true, practical, and effective solutions for physical, mental, emotional, social, and environmental health.

The event is coordinated, in partnership with Oscar Scherer State Park, by Solutionary Events, a 501(c)(3) non-profit educational outreach organization committed to creating a healthy, compassionate, and environmentally regenerative world through leading socially responsible vegan events. Featuring speakers and health professionals, health and wellness exhibitors, plant-based food, food demonstrations, humane education, live music and dance performances, yoga and fitness classes, rock climbing, and activities for children and families, the event offers a diverse experience for all to learn about creating a healthy community for Sarasota and beyond.

Each Solutionary Event is different and highlights new speakers, musicians, vendors, chefs, and activities. The team travels throughout Florida to coordinate festivals, races/walks, film screenings, beach/park cleanups, and other educational events. Solutionary Events partners with like-minded businesses and organizations to provide support and strength to the movement of creating a better world. The team also works with non-vegan businesses and organizations to help set a positive example for transforming business models to align with a sustainable future. Solutionary Events is operated by dedicated volunteers! Learn more about their education programs and volunteer opportunities at www.SolutionarySpecies.org. **Note: Our programs are about to undergo some changes in 2020. Stay tuned!**



Visit the following links to learn more!

www.SarasotaHealthFest.org
www.SolutionarySpecies.org

Thank you to the businesses, groups, and individuals who sponsored Sarasota's Solutionary Health Festival!

SOLUTIONARY SPONSORS



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Speakers and Food Demonstrations

Sponsored by Going Vegan for Health

Hosted by Royce Ashcroft and Imari Spigner of Noor XVII



11:30 a.m. Dr. Prudhvi Karumanchi

Presentation: Adrenal Fatigue

Dr. Karumanchi graduated from Andhra Medical college and completed his residency in internal medicine in Univ. of Illinois. He completed fellowship in geriatrics at Loyola University Medical Center and Edward Hines, Jr. VA Hospital. He completed fellowship in sleep medicine at University Hospitals, Cleveland, OH. He holds a membership in the Institute for Functional Medicine and is Board Certified in Internal Medicine, sleep medicine, and geriatrics. Dr. K has been described by his clients, close associates as miracle worker. He worked with elderly patients who were in the ICU with poor prognosis. Dr. K is proud to serve patients across the 50 states.



12:00 p.m. Samantha Gentrup and Steve Suau

Presentation: Protecting Water By Reducing Nutrient Pollution (what to do about red tide!)

Samantha Gentrup is a teacher who has been dedicated to social justice, animal protection, and environmental ethics for her entire life. She is passionate about protecting the unique ecosystems of this state. Samantha has been part of animal and environmental movements via leadership roles, public speaking, writing letters, leading events, creating educational materials, teaching, and meeting with elected officials. When not working, Samantha can be found playing outside in nature, taking care of animals, and spending time with her family.

Mr. Stephen Suau is a professional engineer with over 35 years of water resource experience in both the public and private sectors in southwest Florida. He is currently principal of Progressive Water Resources, LLC but formerly served as Executive Director of Sarasota County's Planning and Development Business Center as well as Director of Sarasota County's Stormwater Program. Mr. Suau has a Bachelor's of Science degree from the University of Illinois in Civil Engineering and a Masters in Engineering Administration from Bradley University. He resides in Sarasota, Florida and has served as co-chairman of the Sarasota County Environmentally Sensitive Lands Advisory Committee, chairman of the Sarasota County Stormwater Environmental Utility Advisory Committee, and vice-chairman of the Myakka River Planning Advisory Committee. He also served as the Southwest Florida areas representative on the Technical Advisory Committee for the proposed State Stormwater Rule and is a member of the Technical Advisory Committee for the Charlotte Harbor National Estuary Program. He has assisted in envisioning and providing technical guidance on regional watershed restoration projects such as the Celery Fields, Dona Bay, and most recently Tatum Sawgrass. Mr. Suau has long been involved in innovative approaches and solutions to addressing water issues including nutrient management.



1:00 p.m. Dr. Jaimela Dulaney Presentation: Reversing Lifestyle Diseases Through Plant Based Nutrition

Dr. Dulaney is a cardiologist and primary care physician. She attended medical school at West Virginia University and her residency and fellowship at University of Pittsburgh Private practice in Port Charlotte. She is the director of noninvasive services and cardiac rehabilitation at Fawcett Memorial Hospital. She is also an endurance athlete, completing over 25 marathons, 2 ultra marathons (50km), and 6 Ironman races. Dr. Dulaney is the mother of a plant-based registered dietitian, and mother of two rescued German shepherds and a handsome orange cat. She is a backyard gardener and fruit tree afficianato. Dr. Dulaney has a podcast with over 222 episodes (Jami Dulaney MD Plant Based Wellness Podcast). She is the co-author of "Plant Based Wellness Cookbook, three generations of cooking; The Doctor, the Dietitian and the Diva." Dr. Dulaney will be discussing the elimination of the need for pharmaceuticals in the treatment of lifestyle diseases, success stories of reversing heart disease and diabetes, and how being vegan has improved her athletic performance in endurance sports such as the marathon and Ironman races.

2:00 p.m. Melissa Hogan Food Demonstration: BYOB (Build Your Own Bowl)



Melissa is a certified vegan lifestyle coach and educator. At the age of 13, she looked at her last hamburger, pushed it away, and stopped eating animals. At the age of 33, she said she would try "that vegan thing" for a month, and 12 years later, as a vegan lifestyle coach & educator, she shares this incredible message of love and compassion moving people closer to a happier, healthier high-vibe vegan life. Meal prep is key to plant-based success. Melissa will cover meal prep strategies that can simplify the transition to a vegan diet while offering new options and inspirations.

3:00 p.m. Amanda Just Presentation: But is it REALLY Vegan?: Understanding Food Labels & Ingredients



Amanda went vegetarian in 1995 and has been vegan since 2004. Her vegan and animal rights activism has spanned volunteering locally with event organizing to writing about animal issues and the joys of vegan living for blogs and websites. She spent 5 months on the road with the 10 Billion Lives tour, traveling from one college campus to another to educate students about the plight of farmed animals. Amanda then became the Communications Manager for Farm Animal Rights Movement (FARM) for three years, in which she boosted FARM's social media presence and helped cultivate their annual campaigns, including Word Day for Farmed Animals and the Animal Rights National Conference. In addition to managing Vegan Action's social media, she is a busy pet sitter and dog walker. Amanda is an active volunteer at a small non-profit organization that supports LGBTQIA youth. She received their Volunteer of the Year Award in 2017. Amanda loves puns, scouring shelves and restaurants for new vegan eats, and petting as many dogs as possible.



3:30 p.m. Chef Matthew Bardroff

Food Demonstration: Reinventing Mother Sauces: A History of Food and Modern Developments

Matthew is a professional chef, interested in changing the way people view culinary arts and the food we consume. He has worked as the head chef for the Ritz Carlton in a few different locations. He was also the head chef for Everyday Blessings, an organization that cares for up to 30 children while they await permanent placement. He was passionate about serving the children healthy, plant-based meals. Matthew is still gaining experience in culinary arts and plans to eventually open his own gourmet plant-based restaurant.

12:30 p.m. & 2:30 p.m. at Space #18

"What are Microgreens?: An explanation and conversation of What microgreens are and what they mean for you (& the planet)"
with Erik Milo Paine of Pura Verde



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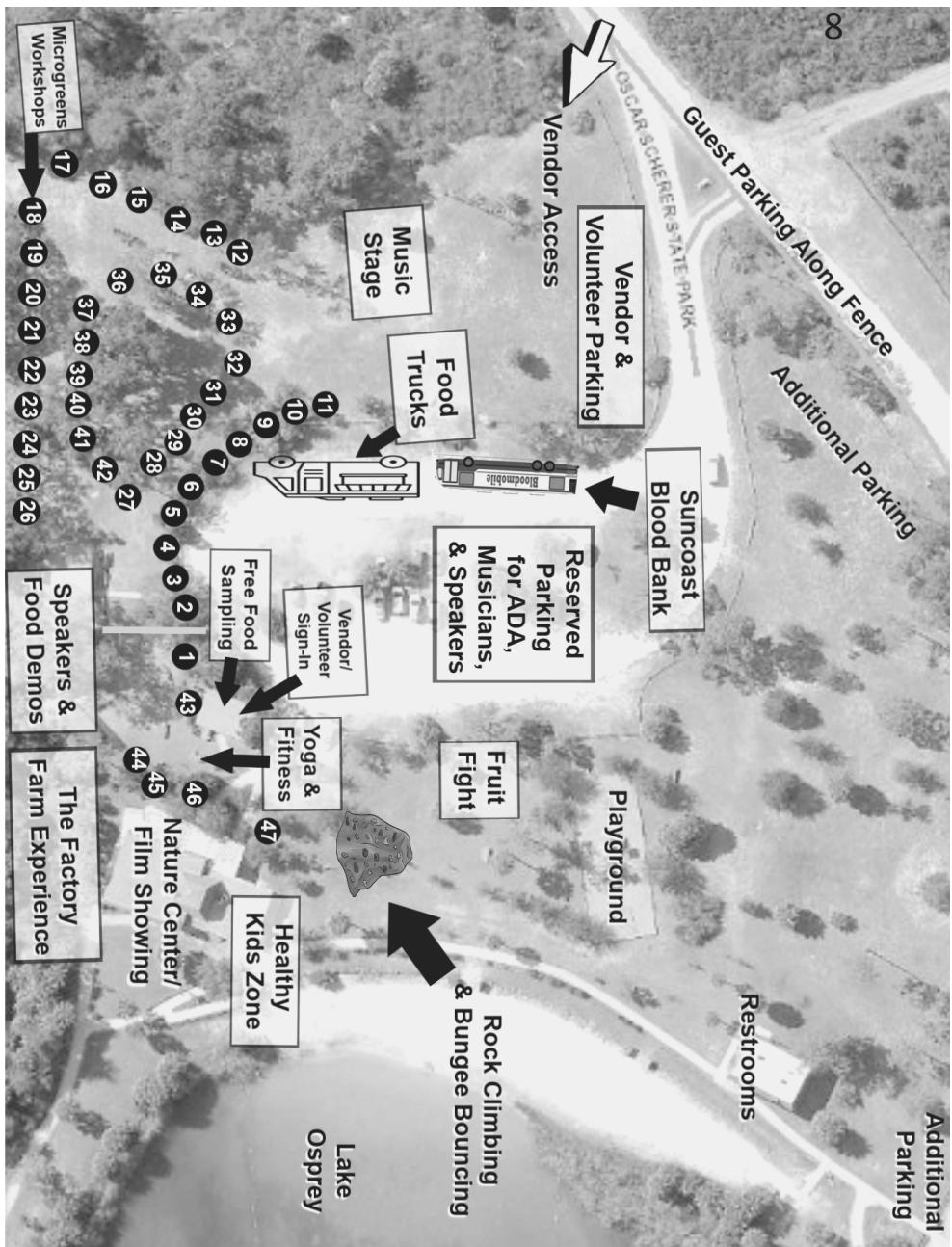
Your Healthy Lifestyle
Multimedia Resource in Print,
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Directory of Participants

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Solutionary Health Festival participants represent a wide array of healthy businesses and groups. Welcome to all who are contributing and/or participating in this year's event! **Sponsors are listed in bold.** Contributors do not necessarily have a physical presence at the event (noted by asterisk in directory).

Vendor	Location	Vendor	Location
Ahimsa Health Acupuncture and Herbal Medicine.....	39	Just Hydrate.....	26
Ajna Beeing.....	36	Dr. Karumanchi.....	Speaker Pavilion
All American Gutter Protection.....	13	Katanic, Kristin.....	Yoga/Fitness Zone
Bath Fitter.....	37	Kirkendall, Heather....	Yoga/Fitness Zone
BeeGreen Ventures/Bemer.....	38	Kokokahn Essential Oils.....	12
Bruce, Rick.....	Music Stage	Larimar Studio Gallery.....	10
Buddha Blends Food Truck.....	Food Truck	Lovemonade.....	22
BYOB Reusables.....	23	Maco MadeinColombia.....	11
Carr, Mary.....	Yoga/Fitness Zone	Manatee Sarasota Sierra Club.....	8
Cat Depot.....	16	MedWell Health and Wellness.....	7
Connor, Liz.....	Music Stage	Mirizan.....	25
Cauliflower Creations.....	14	Natural Awakenings Magazine*	
Creations by Jesse.....	29	Natural Smiles of Tampa Bay.....	5
doTERRA Essential Oils.....	41	Noor XVII.....	Speaker Pavilion
Dr. Jaimela Dulaney.....	27	The Nourished Gypsy.....	19
Earth Origins.....	24	Peace, Love, and Hoopiness Hoop	
EcoJoiia.....	2	Fitness.....	6
Elevation Tea Company.....	by Speaker Pavilion	Pura Verde.....	18
Elite Health.....	35	Rainbow Goddess.....	32
Elefun Kids Yoga*.....	Kids Zone	Reggae Beets Food Truck.....	Food Truck
The Factory Farm Experience		RJ Station Nature & Science.....	21
The Fickle Souls.....	Music Stage	Sarasota Rocks.....	45
Florida Department of Environmental Protection*		Simpson, Monica.....	Yoga/Fitness Zone
Florida Park Service*		Sixteen Hands Horse Sanctuary.....	15
Fred Astaire Sarasota.....	Music Stage	Suau, Steve.....	Speaker Pavilion
Friends of Oscar Scherer State Park*		Solutionary Events.....	1
Gentrup, Samantha.....	Speaker Pavilion	Solutionary Species.....	1
Going Vegan for Health.....	44	SRQ Botanicals.....	20
Good Earth Pure Soaps.....	31	Stoned and Sterling.....	3+4
Hands Along the Water.....	42	Suncoast Blood Bank.....	Bloodmobile
Hogan, Melissa.....	Speaker Tent	Suncoast House Rabbit Rescue.....	17
Home Performance Alliance.....	9	Tampa Bay Solar.....	44+45
Humane Apparel.....	28	A Traveling Gentleman.....	Music Stage
Integrative Therapeutics.....	33	United Vein Centers.....	43
Just, Amanda.....	Speaker Pavilion	Up in the Air Fun.....	Rock Wall
		Unisoy Foods*.....	Food Sampling
		Venom Fitness.....	30
		VidaCann.....	34
		Wild Hen Soaps.....	40



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Food

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All food served at Sarasota's Solutionary Health Festival is vegan (containing no animal products). Much of the food is organic and/or local.

BuddhaBlends Food Truck

Smoothies, smoothie bowls, nachos, taco salad, mac n cheeze

Earth Origins Market

Vegan Robs puffs, Just Water, vegan cookies, tofu salad, eggless egg salad, chef salad

Elevation Tea Company

Loose leaf tea

Just Hydrate

Gourmet, home made nut milks such as cashew, almond, pistachio, and walnut with flavors including chocolate, latte's, strawberry, and more

Lovemonade

Fresh lemonade, organic iced teas crafted with fruit and mint, and cold brew coffee

Mike's Munchies

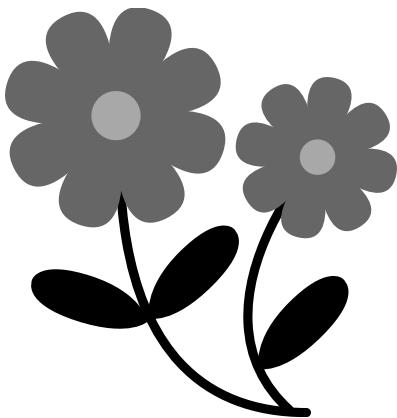
Whole food plant-based (no-oil) cupcakes and cookies

Mirizan

Green vegan sauces, veggie spring rolls, vegan croquettes, mac and cheese, and vegan burgers

Reggae Beets Gourmet Food Truck

Jamaican vegan cuisine and smoothies



Plant-Based Recipe Resources

www.forksoverknives.com

www.goingveganforhealth.com

www.onegreenplanet.org

www.nutritionstudies.org

www.plantbasedonabudget.com

www.veganoutreach.org

<https://www.pcrm.org/good-nutrition/plant-based-diets/recipes>

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Get Your Free "Health Turnaround" Coaching Call

CREATE a crystal clear vision for the healthy lifestyle you want.

UNCOVER hidden challenges sabotaging your health or weight loss efforts.

LEAVE this session renewed, inspired and ready to take back your health and get serious health benefits fast through a whole food plant-based vegan diet and lifestyle.



Going Vegan for Health

Live Music & Entertainment ¹⁰

Coordinated by Hannah and Cal Olivier of The Fickle Souls

11:00 a.m. The Fickle Souls "An acoustic folk/indie duo, The Fickle Souls are taking music back to its roots, keeping it simple, and keeping it pure"

12:00 p.m. Groove Dance Demo with Mary Carr of Larimar Studio Gallery

12:30 p.m. Hula Intermission--Hula Hoop Competition!

1:00 p.m. Liz Connor

1:30 p.m. Fred Astaire Sarasota "Ballroom dance performance"

2:00 p.m. A Traveling Gentleman "A lively musician with a wide range of music to play. Favorite music to play is 1950s rock n roll, Crooners style(Sinatra) and new age folk"

3:30 p.m. Hula Intermission--Hula Hoop Competition!

4:00 p.m. Rick Bruce "Plays a variety of favorites from every decade from the 60's to now"

Yoga Schedule

Sponsored by Natural Awakenings Magazine

Coordinated by Naomi Green of Going Vegan for Health

12:00 p.m. Grounded in Gratitude: Yoga for All with Monica Simpson

1:00 p.m. Kids Yoga Flow with Kristin Katanic

2:00 p.m. Groove Dance: Your Authentic Expression with Mary Carr of Larimar Studio Gallery

3:00 p.m. Hoola-Fit "Hoopiness": Health and Wellness for the Body, Mind & Soul with Heather Kirkendall of Peace, Love, & Hoopiness Hoop Fitness

Healthy Kids Zone

Sponsored by Solutionary Species

- Learn How to Make Your own Edible Paint!
- Make Your Own Plantable Flower Pot
- Rock Climbing & Bungee Bouncing with Up in the Air Fun
- Rock Painting with Sarasota Rocks
- Fruit Fight! (Bumper Balls)
- Coloring Books & Drawing
- Fitness Games
- Badminton
- Hula Hoop
- 46 Million Turkey Project



Why Are Solutionary Events Vegan?

A solutionary is someone who thinks conscientiously about their choices and behaviors in order to be a part of the world's solutions for people, animals, and the environment.

There are undeniably many problems that exist in the world today.

To name a few:

- Inequalities based on race, gender, class, sexual orientation, species, etc.
- World hunger
- Homelessness, food insecurity, poverty
- Terminal illnesses such as heart disease, cancer, diabetes
- Animal cruelty
- Environmental degradation

Humans are gradually moving on from being a problematic species to being a **SOLUTIONARY SPECIES**, a species committed to discovering practical and effective solutions to address serious problems. Some solutions may require a large group of people and advocates for a cause. Other solutions might involve gaining influence with people of societal authority (e.g. government). Many different solutions are often required to address a single problem. There is, however, one very simple solution that addresses many problems. This solution does not take time out of our busy schedules or take away anything from our lives. In fact, this solution has the potential to enrich our lives in the most meaningful ways we could have ever imagined...

Choosing to embrace a vegan lifestyle and to think conscientiously about the food we put in our bodies and the products we buy, we could save our own lives and money, help animals, contribute to ending world hunger and food deserts, protect the environment, and put an end to supporting industries that exploit millions of people, billions of non-human animals, and the earth we all share. Explore this event, have fun, and learn how you can join the movement of becoming a Solutionary Species!

Learn more and explore resources at www.SolutionaryEvents.org.

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Promote Veganism

VegFund empowers vegan activists worldwide by funding and supporting effective outreach activities that inspire people to choose and maintain a vegan lifestyle.

APPLY FOR A GRANT TODAY AT
vegfund.org



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A collage of black and white photographs showing various models in different styles of clothing, including bikinis, dresses, and casual wear, illustrating the variety of looks at the fashion show.

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XVII

THE 2019 INTERNATIONAL VEGAN FASHION SHOW

Where Compassion meets fashion

Saturday 12/14/19
@ 7 p.m. - 11 p.m.

3601 Vineland Rd.
Orlando, fl 32811



RSVP on Facebook for more information or
to reserve your tickets!