

**5TH RE-ENGINEER YOUR LIFE**



**HOLISTIC HEALTH  
SUMMIT**

**Vibrant Health & Healing**

**October 27, 2019**

**9AM - 4:30PM**

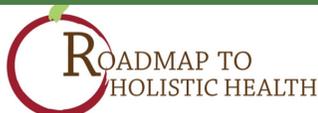
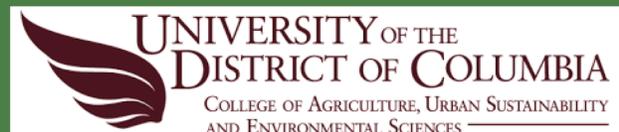
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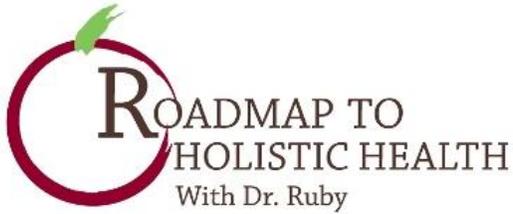
**Sponsored by:**

**University of the District of Columbia**

**CAUSES**

**Summit Host:**





**Dear Friends,**

It is my great pleasure to welcome you to the *2019 Washington, D.C. Re-Engineer Your Life Holistic Health Summit!*

Born out of my personal experience with re-engineering my own life and adopting a holistic lifestyle to beat cancer, this Summit is designed to provide you with similar tools. The Summit has been planned to provide a motivating, comprehensive, and holistic methodology to care for the body in order to prevent disease, foster natural healing, and to promote total wellness.

Distinguished doctors, nutritionists, and holistic health practitioners have joined forces to facilitate powerful discussions and workshops on strategies to improve or heal reproductive disorders, hormone imbalances, as well as the most common chronic diseases, and to impart practical strategies to achieve optimal health. Summit workshops will range from plant-based nutrition to meditation and stress relief, all providing numerous learning opportunities and tools for lasting life changes.

We would like to express thanks to our Gold Sponsor, The University of the District of Columbia/ CAUSES, for their partnership in promoting the message of total health in our communities. We would also like to thank our many volunteers, speakers and supporters.

Our goal is for you to enjoy, and leave with your personal roadmap to health. We also hope that your interaction with fellow attendees, exhibitors, and speakers will stimulate and inspire change, and provide support that will be beneficial to you, your families, and your community.

Yours sincerely,

Ruby Lathon, PhD  
Summit Founder  
Director, Roadmap to Holistic Health





## Holistic Health Summit Agenda | Sunday, October 27, 2019

8:00 - 8:45 AM		<b>FREE Bonus Yoga Class!</b>
8:35 - 9:00 AM	<b>Check-in, Health Fair Exhibits Open, Continental Breakfast</b>	
9:00 - 9:10 AM	Welcome & Introductions	
9:10 - 10:00 AM		<b>Lifestyle Medicine: Healing Chronic Medical Conditions with Food</b> <i>Dr. Jasmol Sardana, DO; Barnard Medical Center/Physicians Committee for Responsible Medicine</i>
10:00 - 10:20 AM	BREAK – Exhibits Open	
10:20 - 11:15 AM		<b>The Keys to Making a Successful Transition to Whole Food Plant-Based Eating</b> <i>Ruby Lathon, PhD; Holistic Nutritionist, Vegan Chef, Director Roadmap to Holistic Health, Summit Founder</i>
11:15 - 11:30 AM	BREAK – Exhibits Open	
11:30AM - 12:25 PM		<b>The Plant-Based Athletic Edge and Medicinal Cannabis</b> <i>John Salley, 4-time NBA Champion, Actor, TV Host, Vegan Wellness Advocate &amp; Philanthropist</i>
12:25PM - 1:20 PM	Healthy & Delicious Lunch — Vegan & Gluten-free	
1:20 - 2:15PM		<b>Your Brain on Food! The Diet to Improve Your Mental Health</b> <i>Dr. Theodore Watkins, MD; Holistic Physician &amp; Founder of The Watkins Institute</i>
2:15 - 2:30 PM	BREAK – Exhibits Open	
2:30 - 3:20 PM		<b>Authentic Living: Healing on the Inside</b> <i>Joel Kibble, 10-time Grammy Award Winner, Member to jazz vocal group Take 6, Musician, Songwriter, Author &amp; Speaker</i>
3:20 - 3:35 PM	BREAK – Exhibits Open	
3:35 - 4:20 PM		<b>Getting to the Root Cause: Holistic &amp; Biological Dentistry</b> <i>Dr. Terry Victor, DDS; Holistic Dentist; The DC Dentist</i>
4:20 - 4:25 PM	<b>Closing Remarks</b>	

## Speaker Biographies

### **Joel Kibble, 10-time Grammy Winning Musician & Member of Take 6, Speaker & Author**

Joel Kibble is an award-winning musician, author and inspirational speaker who travels the world using his art to help people heal. Joey is real. He says, “truth is oxygen and transparency is freedom.” His career as a musician, singer and song writer is stellar. As a musician, Joey is a member of the award-winning Take 6. The multi-platinum selling group has earned 10 Grammy’s, 10 Dove Awards and a host of other honors. The darling of the jazz world, Take 6 won Jazz Vocal Group of the year 4 years in a row! They travel the world, sing to sold out crowds, and have worked with legends of the industry like Quincy Jones.



During his time with Take 6 Joel has written and co-produced several of their most requested songs. His love for writing and performing are part of his soul. Joey graduated from Oakwood University where he studied Organizational Management. Joey is sharing his journey with the love(s) of his life, his wife Tina and his daughter Karly. They live in Nashville, TN. Learn more: [www.JoelKibble.com](http://www.JoelKibble.com)

### **Ruby Lathon, Ph.D. – Summit Founder, Holistic Nutritionist & Health Coach, Vegan Chef**



Ruby Lathon is a certified holistic nutritionist, wellness expert, advocate for plant-based nutrition, and founder of the Re-Engineer Your Life Holistic Health Summit. Dr. Lathon inspires with a powerful story of recovering from thyroid cancer through natural treatment focused on a whole food, plant-based diet. Dr. Lathon, who holds a Ph.D. in Industrial & Systems Engineering, now teaches others to re-engineer their health and live disease free.

Dr. Lathon served as Nutrition Policy Manager at the Physicians Committee for Responsible Medicine and is a sought-after keynote speaker. Through her organization, Roadmap to Holistic Health, Dr. Lathon works with a team of experts to teach people how to heal naturally and achieve optimal health. Her organization hosts a number of health conferences, workshops, vegan and raw nutrition and cooking classes, and provides customized nutritional consultations and coaching programs. Dr. Lathon is featured in the hit documentary, What the Health, and is host of The Veggie Chest with Dr. Ruby, a plant-based cooking show, featured on FoodChannel.com, AOL.on, kweliTV, and many other outlets. Learn more: [www.RubyLathon.com](http://www.RubyLathon.com)

**John Salley, NBA Champion** – Most can achieve a goal and be pleasantly satisfied with their results but to continually create new tasks to accomplish and to reinvent your self is the mark of a versatile and motivated individual. It is the definition of father, athlete, actor, entrepreneur, talk show host, philanthropist, wellness advocate, vegan and champion: John Salley. A proud native of Brooklyn, New York, John found a love for basketball at an early age. He accepted a Basketball Scholarship to Georgia Tech to play for legendary head coach Bobby Cremins. From there Salley went on to become a 15-year NBA veteran and was the first NBA player to win four championships with three different teams. During the 80’s, Salley was a member of the Detroit Piston “Bad Boys” squad. Salley went on to Chicago playing with Michael Jordan as part of the Bulls 1996 championship team. In 1999, Phil Jackson invited Salley to come to Los Angeles to provide experience and leadership to the 1999-2000 Lakers’ championship team.



After his retirement from the NBA in 2000, Salley explored several opportunities in both television and film. John’s film credits include Bad Boys 1 & 2, Eddie and Jerry Bruckheimer’s Confession of a Shopaholic. John has served as host for numerous award shows and was also the host of The John Salley Block Party on 100.3 The Beat Morning Show in Los Angeles. John recently hosted the Reunion Shows of VH-1’s #1 rated show, Basketball Wives. Visit: [www.JohnSalley.com](http://www.JohnSalley.com)

### **Dr. Jasmol Sardana, DO -Barnard Medical Center/Physicians Committee for Responsible Medicine**



PCRM is a Washington, D.C.-based nonprofit organization dedicated to promoting preventive medicine, especially better nutrition, and higher standards in research. Jasmol Sardana, D.O., is a board-certified primary care physician specializing in both internal medicine and lifestyle medicine. She supports patient empowerment, patient education, and shared decision-making to develop a personalized approach to managing acute and chronic medical conditions. Dr. Sardana specializes in the use of lifestyle modifications, including good nutrition (a low-fat, plant-based diet), regular physical activity, adequate sleep, avoidance of substance use, and stress management to treat and prevent chronic diseases.

Dr. Sardana received her medical education from Nova Southeastern University's College of Osteopathic Medicine. The osteopathic philosophy of treating the whole person has resonated with her throughout her medical career. She completed her internship at the University of Miami/Jackson Memorial Hospital and her residency at the University of Vermont/Fletcher Allen Hospital. She has an eCornell certificate in plant-based nutrition from the T. Colin Campbell Center for Nutrition Studies and a certificate as a culinary coach from the Institute of Lifestyle Medicine. Dr. Sardana is a member of the American College of Lifestyle Medicine, where she serves as founding chair of the Community Engaged Lifestyle Medicine member interest group. Visit: [www.BarnardMedicalCenter.org](http://www.BarnardMedicalCenter.org)

### **Terry Victor, DDS; Holistic Dentist – The DC Dentist**

Dr. Victor graduated from Howard University School of Dentistry in 1998. The following year he completed a General Practice Resident at St. Elizabeth's Hospital in Washington, DC. Dr. Victor is also a graduate of the prestigious Foundation for Advanced Continuing Education (FACE). He is an accredited member of the International Academy of Oral Medicine and Toxicology (IAOMT) and also a member of the Academy of General Dentistry (AGD). Dr. Victor created one of the first Holistic, Biological and Eco-Friendly Dental Offices on the East Coast. He is aware of the importance of eating healthy and the effects it has on oral hygiene. As a Holistic and Biological Dentist, he is dedicated to the improvement of the overall health of each of his patients, working alongside their medical doctors providing them with the best patient care possible. The Eco-Friendly Dentistry refers to all aspects of the office being built with sustainable material. On a daily basis Dr. Victor works to create a safe and healthy environment for our patients, our staff and the planet. Dr Victor utilizes green office practices including:



- Metal and Mercury Free; Uses Non-Toxic, Green Cleaning and Steam Sterilization, Products and Supplies
- BPA free composite resins and oral appliances
- Utilizes Cloth Materials to Replace Plastic Disposables. Learn more: [www.TheDCDentist.com](http://www.TheDCDentist.com)

### **Dr. Theodore Watkins, MD – Dr. Theodore L. Watkins, founder of The Eden Institute,**



is a dynamic lecturer, writer, television personality, radio host and producer. Recognized as an authority and leading advocate of preventive health, he is convinced after treating thousands of patients whose lives have been devastated by the "Diseases of Lifestyle", that people need to be taught the principles of a "healthy lifestyle" if they are going to increase their longevity and eliminate a number of preventable diseases. Dr. Watkins is a graduate of Oakwood College and Howard University, College of Medicine. He completed a 5-year residency in Surgery. In 1983, he left surgery and became a proponent and practitioner of Alternative Medicine, emphasizing in his medical practice, the "Whole Person" approach.

Dr. Watkins has participated in the White House Conference on "Barriers to Delivering Health Care to the Indigent" and the American Enterprise Institute Conference on "Financing of Health Care to the Indigent". He has received numerous awards and recognitions, including the National Center for Neighborhood Enterprise Award for his work in low income housing in Washington, D.C. Visit: [www.TWILiving.com](http://www.TWILiving.com)

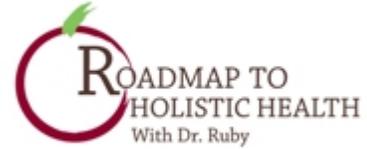


## Washington DC | 2019 Summit Sponsors & Exhibitors

October 27, 2019 – University of the District of Columbia

### Host & Sponsor

Roadmap to Holistic Health with Dr. Ruby  
Speaking, Holistic Nutrition Consultation, Nutrition  
& Cooking Instruction  
[www.RubyLathon.com](http://www.RubyLathon.com) - Ruby Lathon, Ph.D.



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Saladmaster has been a pioneer in teaching families how to prepare meals in a healthier manner. How to use foods and the right equipment to help prevent, arrest and even reverse chronic and dietary diseases.  
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#### The Mr. "Rodger" Road Show

The "Mr. Rodger" Roadshow is an item sale business that pushes its roots from back at a time when things were made to last, and if they were broken, then they were repaired, back when Repairing "was" Recycling, unlike today, when it seems that Replacing "is" Recycling. Maybe "Mr. Rodger" has the "Right" Recycle for you. Contact: [mrrodgersroadshow@aol.com](mailto:mrrodgersroadshow@aol.com)

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## DMV Black Restaurant Week

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## The DC Dentist

Holistic & Eco Dentistry Office  
General & emergency dentistry services  
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## The Watkins Institute

Healing from the inside out  
Holistic Physician & Lecturer/Eden's Gold Supplements  
[www.twiLiving.com](http://www.twiLiving.com) – Dr. Theodore Watkins



## Barnard Medical Center

Prevention and nutrition to create a health care plan  
[www.BarnardMedicalCenter.org](http://www.BarnardMedicalCenter.org)



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## The College of Agriculture, Urban Sustainability and Environmental Sciences (CAUSES)

**Mission:** *The College of Agriculture, Urban Sustainability and Environmental Sciences of the University of the District of Columbia offers research-based academic and community outreach programs that improve the quality of life and economic opportunity of people and communities in the District of Columbia, the nation and the world.*

The College of Agriculture, Urban Sustainability and Environmental Sciences (CAUSES) embodies the land-grant tradition of UDC, offering innovative academic and community education programs. In addition to offering innovative academic programs in architecture, urban sustainability, health education, nursing, and nutrition and dietetics, we also offer a wide range of community education programs through our land-grant centers: (1) the Center for Urban Agriculture & Gardening Education; (2) the Center for 4-H and Youth Development; (3) the Center for Sustainable Development & Resilience, which includes the Water Resources Research Institute; (4) the Center for Nutrition, Diet and Health which includes the Institute of Gerontology; and (5) the Center for Architectural Innovation and Building Science, which includes the Architectural Research Institute and the Building Science Institute. For additional information about CAUSES, please visit: [www.udc.edu/CAUSES](http://www.udc.edu/CAUSES)



