

4th RE-ENGINEER YOUR LIFE



# HOLISTIC HEALTH SUMMIT

TOTAL HEALTH AND HEALING

Natural solutions to disease prevention  
(diabetes, cancer, fibroids, prostate & thyroid  
disorders), emotional wellness and vegan  
nutrition!

**Saturday, Jan. 27, 2018**

**9am - 4:30pm**

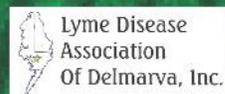
**MyHealthSummit.com**

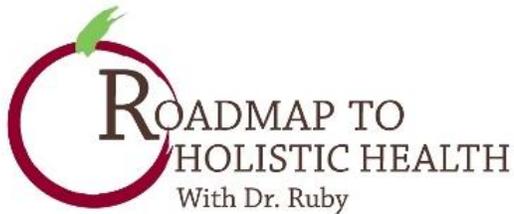
The Holistic  
Health Summit  
is hosted by:



Sponsored by:

**Lyme Disease Association of Delmarva, Inc.**





**Dear Friends,**

On behalf of the Summit Committee, it is my great pleasure to welcome you to the *2018 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.

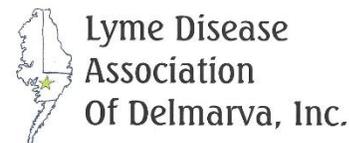
We would like to express thanks to our sponsor the Lyme Disease Association of Delmarva for their partnership in promoting the message of total health in our communities. We would also like to thank our many volunteers, speakers and supporters.

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





# Washington, D.C.

## 2018 RE-ENGINEER YOUR LIFE HOLISTIC HEALTH SUMMIT

Presented by Roadmap to Holistic Health

January 27, 2018 – The Catholic University of America, Washington, DC

### AGENDA

- 8:15 – 9:00 AM **FREE Bonus Yoga Class! – District Yoga**
- 9:00 - 9:20 AM **Registration & Continental Breakfast – Health Fair Exhibits Open**
- 9:20 – 9:25 AM **Welcome & Introductions**  
*Dr. Ruby Lathon, Director, Roadmap to Holistic Health, Chef Furard Tate*
- 9:25 – 10:20 AM **Medical Benefits of Plant-based Diets & Breaking the Cheese Addiction**  
*James Loomis, MD; Medical Doctor, Barnard Medical Center*
- 10:20 - 10:35 AM **BREAK – Exhibits Open**
- 10:35 – 11:30 AM **Defeating Breast Cancer – Challenging You to a Better Life**  
*Bershan Shaw; TV Media Personality, Speaker and Author (Love in the City, OWN Network)*
- 11:30 – 11:45 PM **BREAK – Exhibits Open**
- 11:45 – 12:45 PM **Emotional Balance & Healing from the Inside Out**  
*Dondré Whitfield; Actor, Speaker and Philanthropist (Queen Sugar, OWN Network)*
- 12:45 - 1:30 PM **Healthy & Delicious Lunch - Vegan & Gluten-free - Exhibits Open**
- 1:30 – 2:25 PM **Healing with Food & Vegan Food Preparation Demonstration**  
*Ruby Lathon, PhD; Holistic Nutritionist & Director, Roadmap to Holistic Health (As seen on What the Health, Netflix)*
- 2:25 – 2:35 PM **BREAK – Exhibits Open**
- 2:35 – 3:30 PM **Fundamentals & Importance of Holistic Dentistry**  
*Terry Victor, DDS; Holistic Dentist – The DC Dentist*
- 3:30 – 3:35 PM **BREAK – Exhibits Open**
- 3:35 – 4:30 PM **Nutritional Deficiencies & Food**  
*Dr. Baruch; Author, Speaker & Health Literacy Expert, ELife Restaurant Group*
- 4:30 – 4:35 PM **Closing Remarks & Wrap-Up**
- 4:30 – 4:45 PM **Exhibitors Final Showing**

## Speaker Biographies

### **James Loomis, MD - Medical Doctor, Barnard Medical Center**

James F. Loomis Jr., M.D., M.B.A., received his medical degree from the University of Arkansas, where he was elected to the Alpha Omega Alpha Honor Medical Society and graduated with honors. He subsequently completed his internship and residency in internal medicine at Barnes Hospital/Washington University in St. Louis, MO. In addition, Dr. Loomis received an M.B.A. from the Olin School of Business at Washington University in St. Louis. He is board certified in internal medicine and has also completed the certification program in Plant-Based Nutrition from Cornell University. Dr. Loomis is the medical director at the Barnard Medical Center in Washington DC. He has served as team internist for the St. Louis Rams football team and the St. Louis Cardinals baseball team, as well as tour physician for the St. Louis Symphony Orchestra. Before coming to the Barnard Medical Center, he practiced internal medicine at St. Luke's Hospital in St. Louis, where he was also the director of prevention and wellness. He is on the clinical faculty of the department of internal medicine at Washington University School of Medicine in St. Louis, MO, George Washington University School of Medicine in Washington, DC and the Uniformed Services University of Health Sciences in Bethesda, MD. Dr. Loomis also serves on the board of directors of the American College of Lifestyle Medicine. When not practicing medicine, Dr. Loomis enjoys reading and teaching plant-based cooking classes. He also enjoys running, biking, and swimming, and has completed numerous half marathons, marathons, and triathlons. Learn more: [www.pcrm.org/barnard-medical-center](http://www.pcrm.org/barnard-medical-center)



### **Dondré Whitfield - Actor, Speaker and Philanthropist**

A three-time Emmy nominee, Dondré Whitfield's career has spanned over a quarter century and has seen him work with such industry heavyweights as John Travolta, Helen Mirren, David Oyelowo, Michael B. Jordan and Kevin Hart to name a few. At the tender age of 15, Whitfield booked his first professional acting job on the most watched sitcom in television history, "The Cosby Show", with a major recurring role lasting over three seasons. The industry took notice and Whitfield's career took off from there. Whitfield stars in the critically acclaimed new series "Queen Sugar" from Golden Globe nominee Ava DuVernay who wrote, directs and is executive producing alongside Oprah Winfrey for the OWN Network. Whitfield also wrapped the lead in the upcoming movie "Christmas Swap" for TV One. Most recently, Whitfield was seen in the hit BET comedy series "Real Husbands of Hollywood" opposite Kevin Hart, Boris Kodjoe and Nick Cannon and in the popular ABC drama series "Mistresses" opposite Alyssa Milano and Rochelle Aytes. Whitfield's versatility as a comedic and dramatic actor has been showcased in several of his feature films as well; including the Sundance Award-winning film "Middle of Nowhere" opposite David Oyelowo, the comedy "35 and Ticking" opposite Kevin Hart, the award-nominated drama "Pastor Brown" opposite Michael B. Jordan, the comedies "Mr. 3000" opposite Bernie Mac and "Two Can Play That Game" opposite Vivica A. Fox and the film "Happy Birthday" opposite Helen Mirren and John Goodman.

Whitfield's true passion and calling in life is to help with the betterment of his community thus he co-created The Manhood Tour which is a global movement committed to awakening the consciousness of men, giving them the keys to manhood and teaching them how to live it in the highest degree. Whitfield travels throughout the country speaking on behalf of the movement. He currently resides in Los Angeles with his wife, Salli Richardson, and two children.



### **Bershan Shaw - TV Media Personality, Speaker and Author**

Bershan Shaw, Media Personality, Speaker & Author (OWN, "Love and the City"). Transformational coach, motivational speaker, Author, Founder of URAWARRIOR.COM and two time breast cancer survivor, Bershan has dedicated her life to helping others discover their inner warrior during life's most difficult journeys. Diagnosed with breast cancer in 2007, and it returning stage 4 in 2009, Bershan beat the odds with stage four breast cancer and is now seven years cancer free. She believes that beauty rises up from the ashes of pain and suffering, and wants to help others see possibility when all they see is pain and defeat. Her one on one coaching with business executives, leaders, entrepreneurs and men and women have given her the most satisfaction because everyday she sees how she has changed someone's life. She has written a book, "URAWARRIOR 365 Ways to Challenge You to a Better Life" to assist others on their journey toward healing and health. Bershan is in very high demand and has shared her messages with countless audiences worldwide through leadership conferences,



businesses, institutions, wellness conferences, empowerment stages and more. She has spoken worldwide in places like Poland, Ghana, Rome, London and more to help leaders, women, CEO's and everyday people "Find their inner Warrior to Step into their Greatness." Bershan was also part of the "Love and the City" cast, a docu-series on the OWN network. Learn more: [www.Bershan.com](http://www.Bershan.com)

### **Ruby Lathon, Ph.D. – Holistic Nutritionist, Director Roadmap to Holistic Health**

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)



### **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: Learn more: [www.thedcdentist.com](http://www.thedcdentist.com)

- 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



### **Dr. Baruch Yehudah - Author, Speaker & Health Literacy Expert, ELife Restaurant Group**

Dr. Baruch is a widely sought after television and radio personality with well over 30 years of experience as an entrepreneur, restaurateur, public speaker, published author, and health advocate. He is CEO and owner of Elife Media, a TV and radio broadcasting channel that promotes holistic solutions to human and civil rights, history, current events, business, sports, politics, nutrition, and spirituality – in addition to broadcasting live music such as soul, jazz, and gospel. Celebrating over 23 years as CEO and founder of Everlasting Life Restaurant & Lounge, Dr. Baruch also owns Evolve Vegan Restaurant, E-Life on Wheels, and Vegaritos. Dr. Baruch has been featured on the nationally syndicated Michael Baisden Show, which reaches an audience of over 8 million, daily. Often called on to lecture both nationally and abroad, Dr. Baruch's current client base spans the globe. His aim is to empower others by introducing concepts that initiate personal change from the inside out. Through entertainment, educational workshops, interactive lectures and seminars, Dr. Baruch teaches that in order to live well, one must address the multiple factors that take away from our health, such as poor diet, stress, lack of exercise, and negative lifestyle choices. He received his Naturopathic Doctors Degree from the School of the Prophets Institute at Jerusalem. Learn more: [www.eliferestaurant.com](http://www.eliferestaurant.com)





# Washington, DC | 2018 Summit Sponsors & Exhibitors

January 27, 2018 –Catholic University of America, Washington, DC

- **Silver Sponsor**

- Lyme Disease Association of Delmarva, Inc.**

- Healing Lyme and other tick-borne diseases, utilizing integrative and holistic techniques

- <http://www.integrativelyme.com> – Marilyn Williams



Lyme Disease Association of Delmarva, Inc.

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- Barnard Medical Center  
Prevention and nutrition to create a health care plan  
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- Young Living Essential Oils  
Essential oils and infused products, diffusers, bioscans  
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