

NATURAL & ORGANIC SUPERSHOW 2016

NATURAL & ORGANIC KITCHEN

The Paleo Way with Pete Evans



*FREE SATURDAY

- 11:00 AM - TERESA CUTTER | Purely Delicious Masterclass
- 12:00 PM - MAZ VALCORZA | Raw Vegan Bananarama Cupcakes
- 1:00 PM - DOROTA TRUPP | Fermented Food Trio
- 2:00 PM - TERESA CUTTER | Cakes, Cookies and More...
- 3:00 PM - GEORGIA BARNES | Spelt Flatbreads, Honey Glazed Sardines and Lime Mayo
- 4:00 PM - LEE HOLMES | Supercharged Food

SUNDAY

- 11:00 AM - TERESA CUTTER | Purely Delicious Masterclass
- 12:00 PM - DOROTA TRUPP | Fermented Food Trio
- 1:00 PM - LEE HOLMES | Supercharged Food
- 2:00 PM - TERESA CUTTER | Cakes, Cookies and More...
- 3:00 PM - GEORGIA BARNES | Spelt Flatbreads, Honey Glazed Sardines and Lime Mayo
- 4:00 PM - GEORGIE CASTLE | Raw Brownie and Baby Cake

MONDAY

- 10:30 AM - TERESA CUTTER | Purely Delicious Masterclass
- 11:15 AM - MAZ VALCORZA | Raw Vegan Bananarama Cupcakes
- 12:00 PM - GEORGIA BARNES | Spelt Flatbreads, Honey Glazed Sardines and Lime Mayo
- 12:45 PM - TERESA CUTTER | Cakes, Cookies and More...
- 1:30 PM - LEE HOLMES | Supercharged Food
- 2:15 PM - DOROTA TRUPP | Fermented Food Trio

*FREE SATURDAY

- 10:45 AM - LUKE HINES | Quick and Easy Breakfasts
- 12:00 PM - PETE EVANS | Versatile Bone Broths
- 1:15 PM - PETE EVANS & LUKE HINES | Paleo Basics
- 2:30 PM - LUKE HINES | Clean Treats
- 3:45 PM - PETE EVANS | Fermentation

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- 2:15 PM - PETE EVANS | Fermentation

*FREE SATURDAY

- 11:00 AM - DOROTA TRUPP | Kale and Shitaki Mushroom Salad / Gazpacho
- 12:00 PM - GEORGIE CASTLE | Buckwheat Slice
- 1:00 PM - STEPHANIE PAPILLO | Low-FODMAP Thai Chicken Curry
- 2:00 PM - LEE HOLMES | Chicken Noodle Soup for Allergies
- 3:00 PM - GEORGIE CASTLE | Delicious Free-From Slice
- 4:00 PM - KARA LANDAU | Gut Strengthening Free-From Sweets

SUNDAY

- 11:00 AM - LEE HOLMES | Chicken Noodle Soup for Allergies
- 12:00 PM - MEG THOMPSON | Exciting and Natural Kids Party Food
- 1:00 PM - KARA LANDAU | Gut Strengthening Free-From Sweets
- 2:00 PM - MAZ VALCORZA | Dairy-Free, Nut-Free, Refined Sugar-Free Raw Key Lime Pie
- 3:00 PM - DOROTA TRUPP | Kale and Shitaki Mushroom Salad / Gazpacho
- 4:00 PM - MAZ VALCORZA | Stir No-Fry With Coconut Cauliflower Rice

MONDAY

- 10:30 AM - GEORGIE CASTLE | Buckwheat Slice
- 11:15 AM - LEE HOLMES | Chicken Noodle Soup for Allergies
- 12:00 PM - DOROTA TRUPP | Kale and Shitaki Mushroom Salad / Gazpacho
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*FREE SATURDAY

- 10:45 AM - ALISON KENNY | Achievable Daily Make-Up for Busy Women
- 11:45 AM - BELINDA HUGHES | What's Hot, Trends and Myths
- 12:45 PM - ADELE MCCONNELL | Beauty Food
- 1:45 PM - CRYSTAL FIELDHOUSE | Skin and the Stress Factor
- 2:45 PM - BELINDA HUGHES | Greenwashing: How to Avoid the Dirty Dozen
- 3:45 PM - DR IRENE PRANTALOS (TCM) | Healthy Skin from Within

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- 10:45 AM - ALISON KENNY | Achievable Daily Make-Up for Busy Women
- 11:45 AM - BELINDA HUGHES | What's Hot, Trends and Myths
- 12:45 PM - KRIS ABBEY | Effective Natural Approaches to Anti-Ageing
- 1:45 PM - ADELE MCCONNELL | Beauty Food
- 2:45 PM - DR IRENE PRANTALOS (TCM) | Healthy Skin from Within
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*FREE SATURDAY

- 11:00 AM - KRIS ABBEY | Easy Movement for Busy People
- 12:00 PM - SARAH VANIS | Seasonal Eating for Health
- 1:00 PM - STEPH LOWE | Natural Nutrition for Peak Performance
- 2:00 PM - KARA LANDAU | Good Mood Food
- 3:00 PM - DON CHISHOLM | Dispelling Digestive Myths
- 4:00 PM - KATHY ASHTON | My Kitchen Pharmacy

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- 11:00 AM - STEPH LOWE | Natural Nutrition for Peak Performance
- 12:00 PM - DON CHISHOLM | Dispelling Digestive Myths
- 1:00 PM - KATHY ASHTON | My Kitchen Pharmacy
- 2:00 PM - SARAH VANIS | Seasonal Eating for Health
- 3:00 PM - KATHY ASHTON | How to Lose Weight Without Dieting
- 4:00 PM - KARA LANDAU | Good Mood Food

MONDAY

- 10:30 AM - DON CHISHOLM | Dispelling Digestive Myths
- 11:15 AM - KARA LANDAU | Good Mood Food
- 12:00 PM - DR NAT KRINGOUDIS (TCM) | Well, Good and Thriving
- 12:45 PM - STEPH LOWE | Natural Nutrition for Peak Performance
- 1:30 PM - KATHY ASHTON | How to Lose Weight Without Dieting
- 2:15 PM - SARAH VANIS | Seasonal Eating for Health

*FREE SATURDAY

- 10:45 AM - JENNY TREZISE | Managing Multiple Family Allergies and Intolerances
- 12:00 PM - NICOLE BIJLSMA | Create a Chemical-Free Low-Allergen Home
- 1:15 PM - BEE PENNINGTON | Sneaky Gluten Traps
- 2:30 PM - STEPHANIE PAPILLO | Food Allergies - Navigating the Tricky Issues
- 3:45 PM - PATRICK VAN DER BURGH | How to Reduce Household Radiation for Health Recovery

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* Sessions are free to attend with your paid general admission ticket

BOOK SIGNINGS

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