



For Immediate Release

NEWS RELEASE

Attention: General Assignment, Health, Nutrition, Wellness Editors and Reporters

Ottawa's Health and Wellness Expo: Be Fit - Eat Right - Think Well - Go Green

Ottawa, December 10, 2012 – Let's Make Ottawa the Healthiest City in Canada!

After the holidays we encourage everyone to come and take a breath of fresh air with us at Ottawa's largest and most exciting Health and Wellness Expo on January 12, 2013 from 9am – 4pm. The Health and Wellness Expo fosters over 100 of the top health and wellness vendors and this year Ottawa is getting ramped up for its 7th year. At your disposal there will be a variety of expert speakers on health, wellness & lifestyle related topics, live demonstrations, fitness fashion shows and a paradigm shifting movie.

Featured Guests:

Some exciting featured exhibitors to look forward to are Goodlife Fitness, Kardish Health Food Centre, EvolvHealth, Arbonne International, Enerjive, Moksha Yoga Orleans, Pampered Chef, Planet Botanix and much more.

Most excitingly Dr. Davis, writer of the critically acclaimed novel *The Wheat Belly* will be attending the Expo with a special presentation at 1pm. Dr. Davis is a bestselling author and has the opportunity to share his knowledge on the television show Dr. Oz. *Wheat Belly's* value lies in its thorough explanation of the benefits in eliminating wheat from your diet. This novel is not only extremely valuable to those with wheat or gluten allergies but also anyone who is looking to improve their health immensely. *Wheat Belly* also interestingly targets those with type 2 diabetes, opening our eyes to an effective way to prevent and relieve the pressures on a disease that has become overwhelmingly prominent in today's society. *Wheat Belly* explores the history of growing techniques while synonymously investigating the relationship between insulin resistances. The Health and Wellness Expo provides a perfect opportunity for you to expand your knowledge on how to take care of yourself and your loved ones.

Event highlights include:

- Free Wellness Bag for first 400 guests
- Health and Wellness experts, speakers, live demonstrations and samples
- Admission includes free movie screening of *Doctored* at 10am
- Feature presentation by Dr. Davis and book signing of *Wheat Belly* at 1pm
- Expo Sponsored by Goodlife Fitness and Speaker sponsored by Kardish Foods, Paul Rushforth Real Estate and Beauchamp Chiropractic and Wellness Centre

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www.OttawaHealthandWellnessExpo.com



About the Ottawa Health and Wellness Expo

Dr. Nathalie Beauchamp, owner of Beauchamp Chiropractic and founder of the Health and Wellness Expo saw that her patients and many Ottawa citizens were in desperate need of the resources and knowledge to staying healthy. Donations this year will also be made to the Goodlife Fitness Foundation and Orleans-Cumberland Community Resource Centre.

For only \$7 for Expo entry tickets and \$12 for Expo entry PLUS a seat to listen to Wheat Belly author Dr. Davis, we urge the community to come out to: "Be Fit - Eat Right - Think Well - Go Green".

"Let's learn firsthand from our local resources how to take better care of our health, our community and our planet." – Dr. Nathalie Beauchamp

Images available.

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