

Wanted: environmentally and socially conscious parents

Whole Children, Whole Planet Expo 2006

by Shantell Herndon

Do something different this Earth Day weekend. Visit the first natural parenting and family event of its kind, the *Whole Children, Whole Planet Expo 2006* at the Los Angeles Convention Center. As socially and environmentally conscious parents, make an impact on your children's future. Talk to the experts and professionals who specialize in natural food preparation, healthy home, natural medicine, yoga, and natural birthing as well as many more safe and healthy choices for the present and future of our children on this planet Earth.

Kathy Arnos is the woman behind the *Whole Children, Whole Planet Expo 2006*. Not only is Kathy the brains behind the concept, she is the marketer, webmaster, finder of sponsors, and the booth seller for this expo. In the spirit of the event, she is donating a percentage of all profits to environmental and health organizations. Sponsors include Whole Foods Market, Laemmle Theatres, Family Magazine Group, Yogi Times, The Natural History Museum, Environmental Media Association, Delicious Living Magazine, Hugo's Restaurants, Tree People, and Kidspac Museum. If you take the Metro to the event you will get in for 50% off. You will also receive 50% off each ticket for each pair of old eyeglasses you bring which will be recycled through the Give the Gift of Sight Program/LensCrafters. Also, in collaboration with several media sources like Angels Nest Resort and Whole Children, *Whole Children, Whole Planet Expo* will sponsor an Earth Day contest for kids. The three lucky winners will enjoy a two-night stay with their parents at the Taos New Mexico resort learning the latest in sustainable technology. For details, visit the website at www.wcwpexpo.com.

Kathy has traveled a long road that, fortunately for us parents today, led to this first-time event. Kathy Arnos attended a "parenting expo" two years ago that had a dramatic effect on her. The artificial smell buttery popcorn and the harsh red, green and blue dyed snow cones for sale were shocking enough. That baby formula was promoted rather than breastfeeding, and environment-polluting disposable diapers instead of reusable cloth diapers disgusted Kathy. She left in disbelief at what was available to parents and their families, feeling that "someone needed to introduce healthier options and teach people how to be better role models for kids". As it turned out, she was that someone! And that memorable event was the springboard for the *Whole Children, Whole Planet Expo*.

In 1984, Kathy left the entertainment industry to get married and raise a family. She had lost her biological mother early in life and when she realized that she was

pregnant, she started fantasizing about the amazing transformation that motherhood would bring. However, shortly after the birth of her daughter Danielle, Kathy realized that motherhood was not going to be a walk in the park.

At two months old, her daughter had her first vaccination and experienced a mild reaction. At four months, she had her second vaccination and had a slightly more severe reaction, and at 6-months Danielle's reaction was even worse. Despite her reactions to the vaccines, Kathy continued to listen to her doctor and gave her daughter her fourth vaccine at 18 months. Three hours after this vaccination; Danielle's arm began to swell and she was inconsolable. Kathy immediately responded by taking her daughter to her pediatrician's office. Before she could get there, Danielle's screaming stopped. She was limp in her carseat.

Forty-minutes later, mother and daughter sat in a room at the pediatrician's office, barely keeping it together. By the time the pediatrician came into the room, Danielle had begun slowly moving around and making sounds. The pediatrician told Kathy that her daughter appeared to have had a slight reaction to the vaccine, but she would be fine. They were sent home. Kathy was confused that something that was supposed to protect her daughter could create such a severe reaction in her.

Kathy needed an alternative so she sought a medical doctor who also practiced homeopathy. At their first visit, it was the doctor's questions about vaccines that prompted Kathy's curious mind to want to learn more about the possible dangers of shots. It was through that research that Kathy learned that what Danielle had experienced at 18 months old was something called Collapse Clap Shock Syndrome, a very dangerous side effect of the vaccine.

This visit made it clear that there were other options available to her. So Kathy delved deeper to equip herself with the information to make better decisions and realized that people, were "lacking the information about why kids were sick and how to help them". She found a traditional and alternative pharmacy that had just opened in Sherman Oaks where she would sit for hours reading the books on health and homeopathy. Eventually the owner asked her to work for him and in the proposition offered book-lending privileges.

The more Kathy read, the more she wanted to share all she had learned. This led her to start a newsletter called "Mother to Mother: Another View". There was an immediate response as people flocked to her for knowledge. She was able to offer real life experiences after seeing the effects of natural remedies on her now 21 year old daughter.

The more Kathy consulted with parents, the more she learned about herself as a mom and as a person, creating even more desire and passion to help educate parents.

Kathy Arnos's mission is "educating families so that they can make educated choices in raising healthy children". She has dedicated her life to learning to operate from her heart and speak her truth—even if it is against the odds. Join Kathy and other like-minded parents as they celebrate Earth Day and the joy of parenting at the *Whole Children, Whole Planet Expo*.

Kathy Arnos, the creator and producer of the Expo and her daughter, Danielle.

Highlights of the *Whole Children, Whole Planet Expo 2006*

April 22-23rd • Earth Day Weekend • L.A. Convention Center

Join experts, authors and celebrities as they:

- Offer information on the latest in natural fertility options, pain-free delivery techniques, birthing options, products.
- Discuss natural health, environmental issues, and keeping your children safe and healthy.
- Cook up great, healthy food in the *Whole Foods Celebrity Kitchen* where families are introduced to great tasting, natural, organic foods made without white refined sugar, chemicals, preservative or food dyes.
- Read children's stories, teach beginning yoga and tai chi classes.
- Present an interactive presentation on the metamorphosis of a caterpillar and discuss learning enrichment programs on the *The Enrichment Village and Stage*.

Noah and Traci Wyle • Kim Basinger • Kristen and Stephen Stills • Erin Gray • Nell Newman • Malika Chopra • Jamie Lee Curtis • Ed Begley, Jr. • Jay Gordon, M.D. • Dr. Harvey Karp • Dr. Alan Greene • Karen Brody-Mother and playwright of *Birthing* • Kathy Arnos • Debby Takikawa-producer of *What Babies Want - An Exploration of the Consciousness of Infants* • Lu Hanessian-Mother, host of *Make Room for Baby* on Discovery Health Channel; author of *Let the Baby Drive: Navigating the Road of New Motherhood* • Anni Douler - Co-founder/owner of *Bohemian Baby*-fresh organic baby food • and many more!

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You can see *Love the Belly* at the Expo. We will have a booth, as well as have various participates on a panel discussion about *Birthing Options* on the Main Stage. We'll see you there.



Kathy Arnos, the creator and producer of the Expo and her daughter, Danielle.