

The background image shows a woman with glasses and dark hair, wearing a dark sleeveless top and light-colored pants, standing at a podium on a stage. She is gesturing with her hands while speaking. The stage is set in a room with white walls and large, ornate chandeliers. In the foreground, the backs of several audience members' heads are visible, showing they are seated and facing the stage. The overall lighting is warm and slightly dim, typical of an indoor church service.

Knead your
Cure.

FROM FEAR TO

FLOURISH

AUGUST 14-15, 2026
OXFORD, MS

REDISCOVERING HEALTH
THROUGH FAITH, TRUTH
& GOD'S DESIGN

Table of Contents

KYC 2026

02	Welcome
03	Conference Info
04	Schedule
05	Campus Map
06	Vendor Hall
07	Keynote Speakers
08	Breakouts Sessions
09	Conference Notes
10	Miscellaneous
11	Annoucements

WELCOME

Whether you're just beginning your health journey or have spent years learning about wellness, you'll find a place here.

Knead Your Cure exists to educate, encourage, and connect people who desire to steward their health well and live according to God's design. Through our annual conference in Oxford, Mississippi, and our smaller interactive events known as Tastings, we bring together trusted voices, practical tools, and a faith-centered community committed to pursuing true wellness.

In a world filled with conflicting health information, we believe people need more than just content—they need connection. There's something powerful about gathering face-to-face, learning from experienced speakers, asking questions, sharing stories, and building relationships with others on a similar journey.

What began with a shared appreciation for the healing gift of fresh-milled bread has grown into a larger mission: helping people discover hope, find trustworthy education, and embrace a more holistic view of health—one that honors the connection between mind, body, and spirit.

Our desire is simple: to equip and inspire others to steward their bodies faithfully, walk in greater freedom and wholeness, and glorify God in every aspect of life.

We're so glad you're here.

Be WELL,

Suzanne Tucker
Dr. Rebecca Edwards
Alley Bell
Ally Cornwell



Ingredients for WELLness



Peace - Settle the Storm Within

"You keep him in perfect peace.." Isaiah 26:3



Nutrition - Fuel for Function

"..I have given you every plant yielding seed.."

Genesis 1:29



Hydration - Nourish at the Cellular Level

"..whoever drinks of the water that I will give him will never be thirsty again." John 4:13



Sleep - God's Design for Restoration

"In peace I will both lie down and sleep.." Psalm 4:8



Movement - The Body in Motion Heals Itself

"In Him we live and move and have our being."

Acts 17:28

KNEAD TO KNOW:

AUGUST 14TH & 15TH

OXFORD CONFERENCE CENTER

102 ED PERRY BLVD OXFORD, MS 38655

Friday, August 14th begins with the VIP Dinner, registration, and conference kickoff with Hilda Labrada Gore plus an engaging speaker panel you won't want to miss!

Saturday, August 15th is going to be a full day of inspiration, learning, and connection. Come energized, open-minded and ready to learn.

Join Matthew Gay of Fit Church United for a dynamic morning keynote focused on building strength in body, mind, and spirit.

Then jump right into our breakout sessions, offered across 5 different time slots. Trust me, we know all of the sessions are good and you don't want to choose. Please select your top TWO for each timeslot so you have a backup plan if one is full.

We will eat a nutritious lunch made by a local favorite.

In between sessions, visit our vendor hall, discover wellness tools and products you'll love, or connect with speakers and fellow attendees.

Mid afternoon we will hear a keynote from Dr. Ben Rall on how our bodies are designed to heal.

Need a moment and just want to connect with another attendee? Take a break to check out the vendor hall or visit together on the couches in the lobby.

We'll close out the weekend with a powerful time of listening prayer, worship, and a few words from the Knead Your Cure Team. Also, a few BIG announcements. Yes, we know you will be tired, but rally to the end. It will be worth it!

PLEASE REMEMBER..

- Treat all participants, staff, and presenters with kindness and respect.
- Maintain a positive, inclusive, and judgment-free atmosphere.
- Harassment, discrimination, bullying, or disruptive behavior will not be tolerated.
- Follow all instructions from conference staff and venue personnel.
- Wear your attendee badge visibly at all times during conference.
- Arrive on time for breakout and main sessions.
- Silence or turn off mobile devices during sessions.
- Avoid side conversations while presenters are speaking.
- Participate respectfully and allow others equal opportunity to engage.
- Photography or recording is only permitted with speaker permission.

Thank you for helping us create a welcoming, mindful, and uplifting experience for everyone. We appreciate your cooperation and hope you enjoy the conference.

CONFERENCE SCHEDULE

Friday, August 14th

4:30pm	Doors Open VIP Registration
5:00-6:30pm	VIP Dinner & Speaker Panel
6:00pm	Doors Open GA Registration
7:00pm	Conference Kickoff
9:00pm	Dismiss

Saturday, August 15th

8:00am	Doors Open
9:00am	Welcome & Worship
9:30-10:15am	Matthew Gay Keynote
10:30-11:15am	Breakout 1
11:15am	Lunch Provided
12:00-12:45pm	Breakout 2
1:00-1:45pm	Breakout 3
2:00-2:45pm	Dr. Ben Rall Keynote
2:45-3:30pm	Break/Vendor Shop
3:30-4:15pm	Breakout 4
4:30-5:15pm	Breakout 5
5:30-6pm	Closing & Raffles

FRIDAY, August 14th

Oxford Conference Center- 102 Ed Perry Blvd. Oxford, MS

4:30pm	Doors open to VIP Ticketholders/ Registration
5:00-6:30pm	VIP Dinner and Meet & Greet with Speakers
6:00pm	Doors open for General Attendee Ticketholders/ Registration
7:00-9:00pm	Keynote Address: <i>From Hole To Whole</i> - Hilda Labrada Gore & Speaker Panel

SATURDAY, August 15th

Oxford Conference Center- 102 Ed Perry Blvd. Oxford, MS

8:00am	Doors open/ Vendor shop	Location
9:00am	Welcome & Worship	Cedar Room
9:30-10:15am	Keynote: <i>Healthy Living as a Form of Worship-</i> Matthew Gay	Cedar Room
10:30-11:15am	<u>BREAKOUT SESSION 1:</u> <i>The Transformational Power of Identity-</i> Bob Hamp <i>Breakthrough Beliefs: Rewrite Your Inner Script & Stop Interfering with Healing and Weight Loss-</i> Annette Reeder <i>Detox Your Beauty Regimen-</i> Bria Alston	Auditorium Oak A Oak B

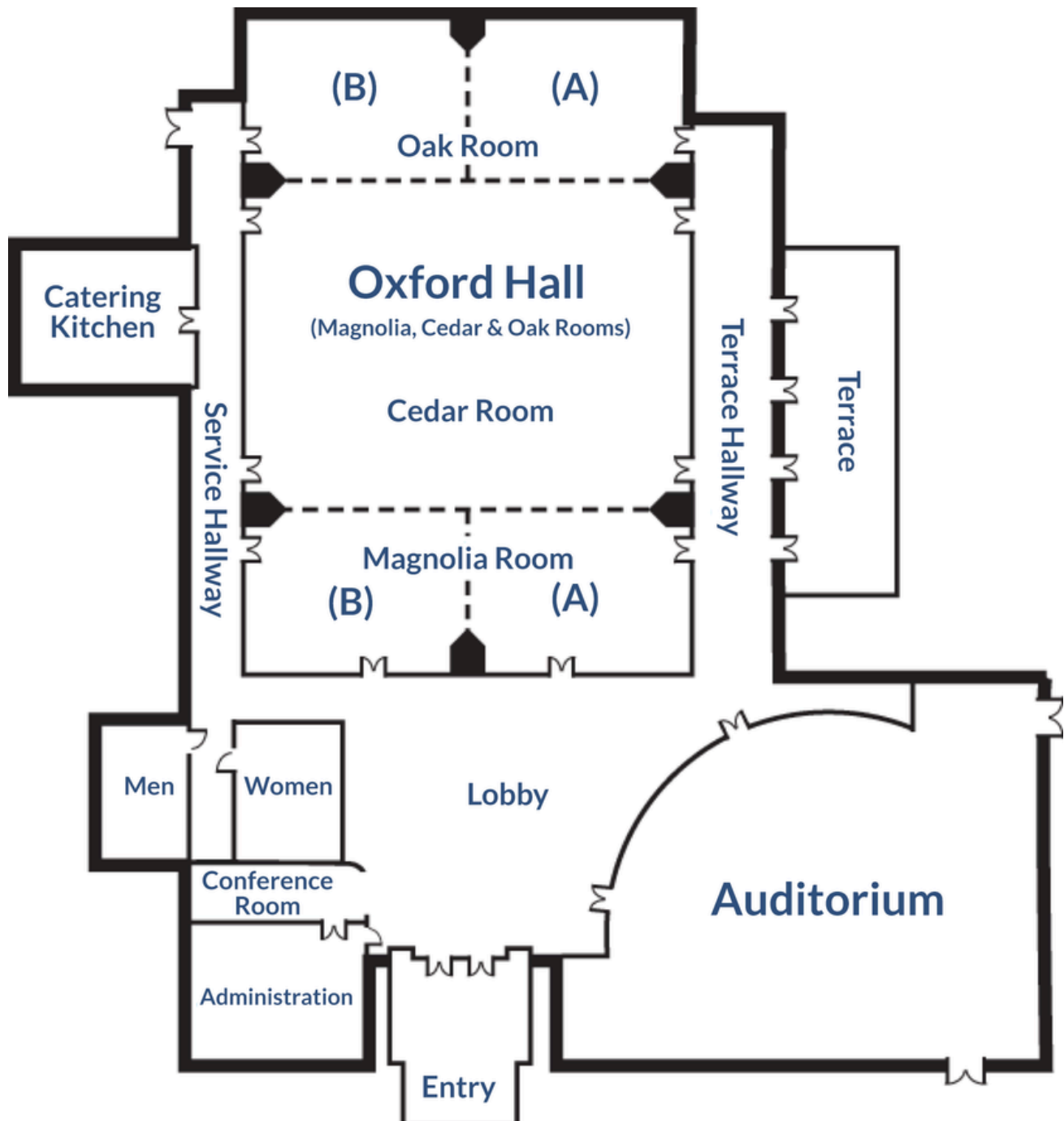
	<i>Moving From Pharma to Food</i>-Dr. Ben Edwards <i>Wonderfully Made: Women's Pelvic Health Across the Seasons of Life</i>-Kristen Braasch <i>How Your Self-Talk Impacts Your Health</i>- Erin Kerry	Cedar Magnolia A Magnolia B
11:15am-12:00pm	Lunch/Vendor Shop	
12:00-12:45pm Erin Kerry Book Signing in Lobby	<u>BREAKOUT SESSION 2:</u> <i>Real Bread - The Staff of Life</i>- Sue Becker * This breakout is two sessions 12:00-1:45pm) <i>The Genesis Prescription</i> -Chelsea Blackbird <i>Most Common Sports Injuries & How to Treat at Home</i>- Dr. Amari Kimble <i>Meaningful Movement</i>- Matt Gay <i>Understanding Your Hormones Through Every Season</i>- Lere Robinson <i>The Biology of Forgiveness: How God Designed Release to Heal Your Body</i>- Polly Hamp	Auditorium Oak A Oak B Cedar Magnolia A Magnolia B

1:00-1:45pm	<u>BREAKOUT SESSION 3:</u>	
Polly Hamp & Bob Hamp Book Signing in the Lobby	<i>Real Bread - The Staff of Life CONTINUED-</i> Sue Becker * This breakout is two sessions (12:00-1:45pm)	Auditorium
	<i>Can You Trust the Bible for Your Health?-</i> Annette Reeder	Oak A
	<i>Tossing The Toxins + Creating A Healthy Home-</i> Kelly Love	Oak B
	<i>As a Man Thinketh in His Heart, So is He-</i> Dr. Ben Edwards	Cedar
	<i>Living in God's Design for Your Mind and Body-</i> Kristen Braasch	Magnolia A
	<i>Food Family Values: Reclaiming the Table in a Modern World-</i> Corey Dunn & Christine Muldoon	Magnolia B
2:00-2:45pm	Keynote: <i>You Are Designed to Heal-</i> Dr. Ben Rall	Cedar Room
2:45-3:30pm	Break/ Vendor Shop	
3:30-4:15pm	<u>BREAKOUT SESSION 4:</u>	
Dr. Ben Rall Book Signing in the Lobby	<i>Biblical Quantum Biology: New Science or Ancient Design?-</i> Chelsea Blackbird	Auditorium

	<i>Regenerating Human Health from the Ground Up-</i> Dr. Allen Williams <i>You Were Made for Such a Time as This: How to Cultivate the Courage of Esther-</i> Hilda Labrada Gore <i>Not by Bread Alone-</i> Sue Becker <i>The Modern Mouth Crisis: How Nutrition, Breathing, and Dentistry Shape Your Health-</i> Dr. Rebecca Edwards <i>Nutrition for Children-</i> Dr. Amari Kimble	Oak A Oak B Cedar Magnolia A Magnolia B
4:30-5:15pm Sue Becker Book Signing in Lobby	<u>BREAKOUT SESSION 5:</u> <i>Real Food Rebels Panel: Nourishing Kids Panel-</i>Corey Dunn, Christine Muldoon, & Hilda Labrada Gore <i>Understanding the Food-Mood Connection-</i> Erin Kerry <i>Hydration and EZ Water-</i>Germaine Benoit <i>Navigating Today's Medical System Without Fear-</i> Dr. Ben Rall <i>The Immune Imprint: What Your Blood Work Reveals About the Infections, Stress, and</i>	Auditorium Oak A Oak B Cedar Magnolia A

	<i>Trauma Still Driving Your Symptom-</i> Andrea Mangrum <i>Against ALL Odds: How to Freely Flourish In Spite of Mind-Boggling, Sometimes Overlapping Adversities-</i> Anne Buck	Magnolia B
5:30-6:00pm	Worship/Closing/Raffles	Cedar Room

OXFORD CONFERENCE CENTER



VENDOR HALL

Etta Hills Farm

Grove Dental

Tucker Integrative

The Vivienne Studio

Peak Integrative

The Bronze Olive

Beloved Retreats

Antología Collective

Burn Bootcamp

Branch Basics

Bread Beckers

The Biblical Nutritionist

Fit Church United

Veritas Wellness

Holistic Hilda

Dr. Ben Rall

Alive Again

Sparking Wholeness

Oxford Pelvic Health

Modern Ancestral Mamas

The Christian Nutritionist

Nourished and Empowered

Taylor Chiropractic and Wellness

Think Differently Academy

Think Differently About Health

KEYNOTE SPEAKERS



Hilda Labrada Gore

Hilda Labrada Gore, known as Holistic Hilda, equips moms and children to cultivate vibrant health through the Mother Code: 6 Habits for Endless Energy. Hilda is a world traveler, a popular speaker, and a tireless advocate for ancestral health traditions. She has energy to spare because she keeps her feet on the ground and her face to the sun.

Matthew Gay is the founder of Fit Church United, the author of the book Fit Church, and a Health Coach with 13 years of experience serving men and women online and in person. Matthew's mission is to make healthy living a standard part of Christian culture and to reach the lost through fitness.



Matthew Gay



Dr. Ben Rall

Dr. Ben Rall was born and raised in the great state of South Dakota where he owned and operated one of the largest chiropractic and wellness clinics in the United States. For the last 20+ years he has worked with businesses, churches and corporations of all sizes and created an unmatched corporate wellness program for today's business model. He is also the host of the 5-star rated podcast, Designed to Heal, that shares stories, research, insights and helpful information in the world of health and wellness. He is committed to educating and empowering individuals on how to apply a vitalistic model of healthcare to their lives and live well.

KEYNOTE SESSIONS NOTES

Hilda Labrada Gore “From Hole to Whole”

KEYNOTE SESSIONS NOTES

Matthew Gay “Healthy Living as a Form of Worship”

KEYNOTE SESSIONS NOTES

Dr. Ben Rall “You are Designed to Heal”

BREAKOUT SPEAKERS

Please use the QR code to see
our Breakout Speaker Lineup
with Bios



BREAKOUT SPEAKER SESSION DESCRIPTIONS

Dr. Allen Williams

Soil to Soul: Regenerating Human Health from the Ground Up

Emerging science is revealing a powerful truth: the health of our soils is inseparable from the health of our bodies. This presentation explores the vital connections between soil biology, nutrient density, microbiome diversity, and chronic disease. By examining how regenerative land management practices restore soil function, enhance food quality, and strengthen ecological resilience, we uncover a hopeful pathway toward improved human well-being. Attendees will gain insight into the soil–plant–animal–human continuum and discover how rebuilding living soils can become a foundational strategy for restoring public health, strengthening communities, and regenerating our future.

Dr. Amari Kimble

Nutrition for Children

Breakout 1: Proper nutrition is essential for growth and development. This presentation discusses how parents can meet their children’s nutritional needs through whole foods and carefully selected whole-food supplements.

Breakout 2: Sports Injuries

This presentation explores the most common sports injuries, how they can be treated at home, and practical strategies to prevent future injuries for athletes of all levels.

Andrea Mangrum

The Immune Imprint: What Your Blood Work Reveals About the Infections, Stress, and Trauma Still Driving Your Symptom

In this powerful session, holistic practitioner Andrea Mangrum breaks down how your immune system carries a memory – and how past infections, chronic stress, emotional trauma, and environmental exposures leave a lasting imprint on the body. This session will teach you how to connect health history, emotional stressors, and lab markers to build a truly customized healing strategy – instead of chasing symptoms.

BREAKOUT SPEAKER SESSION DESCRIPTIONS

Anne Buck

Against ALL Odds: How to Freely Flourish In Spite of Mind-Boggling, Sometimes Overlapping Adversities

“I can’t WAIT for you to leave this house!” “DON’T come any closer.” “I’ll do a self-test to see if I’m mentally ill.” “I’m 15 and my life is already ruined.” “You have six months to live, depending on if the chemo works.” “He is one of the worst heroin addicts we have ever had.” These are examples of painful words spoken either to—or by—Anne Buck. Find hope and inspiration as Anne shares why God allowed three distinctly different, uniquely impactful trials to set her free from fear, a SAD lifestyle and despair. If you or someone you love is impacted by trauma, cancer, addiction, or any other life trial, then this session may be helpful.

Annette Reeder

Breakout 1: Breakthrough Beliefs: Rewrite Your Inner Script & Stop Interfering with Healing and Weight Loss --Discover the sneaky beliefs running the show—and learn how to swap them out for joy, freedom, and healthier choices.

What if the real reason you feel stuck isn’t your willpower... but the beliefs working behind the scenes? In this fun and eye-opening session, you’ll uncover the “automatic settings” shaping your decisions—often without your permission. Get ready for those “Ohhhh, that makes sense now!” moments as we explore how God renews your mind and rewrites old patterns. Come curious—leave confident. Warning: breakthroughs may happen faster than expected. Side effects may include joy, clarity, and unexpectedly healthy weight! You’ll walk away with simple, start-right-now steps to shift your beliefs so your choices—and your health—transform naturally.

Breakout 2: Can You Trust the Bible for Your Health? Absolutely—And It’s More Life-Changing (and Fun!) Than You Think

Discover three timeless biblical principles that make healthy living simple, joyful, and surprisingly doable. God designed your body, His Word absolutely has wisdom for caring for it. In this engaging, refreshingly practical class, you’ll learn how we got into the health “mess” so many Christians feel stuck in—and the delightfully biblical way out. Prepare for those “I can actually do this!” moments. You’ll laugh, learn, and leave with clarity you didn’t know you were craving. Discover the simple shifts your future self will thank you for. We’ll explore three foundational biblical principles that instantly make your choices easier, your table more joyful, and your habits more meaningful.

BREAKOUT SPEAKER SESSION DESCRIPTIONS CONTINUED...

Dr. Allen Williams

Soil to Soul: Regenerating Human Health from the Ground Up

Emerging science is revealing a powerful truth: the health of our soils is inseparable from the health of our bodies. This presentation explores the vital connections between soil biology, nutrient density, microbiome diversity, and chronic disease. By examining how regenerative land management practices restore soil function, enhance food quality, and strengthen ecological resilience, we uncover a hopeful pathway toward improved human well-being. Attendees will gain insight into the soil–plant–animal–human continuum and discover how rebuilding living soils can become a foundational strategy for restoring public health, strengthening communities, and regenerating our future.

Dr. Ben Edwards

Breakout 1: Moving From Pharma to Food

Why are we sicker than ever despite unprecedented advances in modern medicine? This session explores the root causes behind today's chronic disease epidemic and examines how the current pharmaceutical model often focuses on managing symptoms rather than addressing underlying causes. We'll discuss how common medications work, the unintended consequences of long-term symptom management, and the growing financial and health costs associated with this approach. This session will help you connect the dots between modern illness, the way we treat it, and the powerful role nourishment and lifestyle play in restoring health from the inside out.

Breakout 2: As a Man Thinketh in His Heart, So is He

Your thoughts impact more than your mindset—they influence your physical health. In this session, we'll explore how stress and negative thought patterns can disrupt key biological processes needed for healing and wellness. Learn how the body is designed to thrive in peace, and discover simple, faith-centered ways to support both your spiritual and physical health from the inside out.

Dr. Ben Rall

Navigating Today's Medical System Without Fear

This breakout will equip you to know how, when and when not to engage with today's healthcare system.

BREAKOUT SPEAKER SESSION DESCRIPTIONS CONTINUED...

Bob Hamp

The Transformational Power of Identity

We all want more. We want to be healthier, and happier, we want deeper relationships and we want more capacity. It would be fair to say we even want more of the comforts of life. In our quest for more, we often target new strategies, new programs, we even search for conferences that may help us find the "more" that we are looking for. What would happen though, if instead of searching "out there" we began to search "in here" and ask the question, "Who have I been created to be?" What if there were practical ways to begin to live the life we are created for and in that find more than we could have imagined? This session turns our attention to the healing and world changing power of becoming the person that you were created to be. Attendees will learn a practical model for thinking about and experiencing the freedom spoken of by Jesus.

Bria Alston

Detox Your Beauty Regimen

This truth-revealing workshop is designed to help you rethink everything you've been taught about skincare. The modern beauty industry is saturated with products containing hundreds of synthetic chemicals — many of which have been linked to endocrine disruption, hormonal imbalance, and long-term health concerns. What we place on our skin does not just sit on the surface; it interacts with our body. Your skin is an intelligent, living organ that reflects and responds to your internal health. When your body is thriving, your skin thrives.

Chelsea Blackbird

Breakout 1: Biblical Quantum Biology: New Science or Ancient Design?

In a world where words like energy and frequency can feel confusing or concerning, many believers aren't sure what aligns with Scripture and what doesn't. This session brings biblical clarity to modern science, revealing how quantum biology illuminates the sophisticated way God designed the human body to function.

Breakout 2: The Genesis Prescription

What if everything we need to know about health has been there since the beginning? In this session, we'll explore how the Creation story reveals God's original blueprint for the body - and how His design for light, food, rest, and rhythm still governs our health today. Ancient insight. Modern application..

BREAKOUT SPEAKER SESSION DESCRIPTIONS CONTINUED...

Corey Dunn & Christine Muldoon

Breakout 1: Real Food Rebels: Nourishing Kids in a Processed Food World (Panel with Hilda Labrada Gore):

Join Corey and Christine of Modern Ancestral Mamas for an interactive panel exploring how families can define and live their food values in today's fast-paced, processed-food environment. Through discussion and audience Q&A, they'll share real-life strategies for creating nourishing routines, involving kids in the kitchen, and making mealtime a meaningful space for connection and creating a foundation of health. Bring your questions and leave with practical ideas to build a food culture that supports health, family connection, and joy at the table

Breakout 2: Food Family Values: Reclaiming the Table in a Modern World: Explores how the everyday choices we make around food shape our health, culture, and family connection. In this session, Corey and Christine of Modern Ancestral Mamas invite families to move beyond rules, diets, and perfectionism to define "family food values" that actually work in real life. Attendees will learn how to identify their own core food values and translate them into sustainable rhythms at home. The presentation offers practical strategies for meal planning, sourcing, and shared meals without overwhelm or guilt. Participants will leave feeling empowered to create a family food culture rooted in nourishment, consistency, and joy.

Erin Kerry

Breakout 1: How Your Self-Talk Impacts Your Health

God designed you with an internal alert system that is highly functioning, highly protective, and highly sensitive to your thoughts. He created this system to work on a loop, so your cells respond to your thoughts and your thoughts respond back to your cells. Your body and brain are intricately connected and sensitive to each other's signals. Your thoughts affect how you feel. They create messages that impact every system in your body. In this session, you'll gain a deep dive on the God-designed mind-body connection and learn more about interconnectedness between your thoughts and your physiology. Topics will include the gut-brain axis, psychoneuroimmunology, and real life client stories of transformative change!

BREAKOUT SPEAKER SESSION DESCRIPTIONS CONTINUED...

Erin Kerry

Breakout 2: Understanding the Food-Mood Connection

The food that you eat forms your neurotransmitters, but how do you know if you're receiving optimal nutrients? In this session, you'll learn about the food-mood connection, how to optimize brain function through nutrients, and how to create a regulated nervous system state so that your body and brain can be more stress resilient. If you've ever struggled with anxiety, depression, ADHD, PTSD, CPTSD, a mood disorder, or hormone-related mood shifts, this will transform the way you view nutrition.

Germaine Benoit

Hydration - The Water We Drink and The Water We Make; Both Have an Important Impact on Our Health and Longevity

You will learn important concepts about just how important water is to our health. We will break down why we need water, its roles in our bodies, how to source the best water options for you and your family, and the most hydrating foods and drinks. We will also discuss the water our bodies make. New research shows that there is a fourth phase of water, and it's made in our bodies. When we understand this concept and how to support the body in making more of this water, we unlock a key potential in our bodies associated with true health and longevity, with the potential to improve cellular health and reduce disease. Once I learned about this concept, my whole perspective on health changed, and I can't wait to share it with you.

BREAKOUT SPEAKER SESSION DESCRIPTIONS CONTINUED...

Hilda Labrada Gore

For Such a Time as This: Cultivate the Courage of Esther

If you feel like the world is going mad or that you are going mad, come to this breakout session! Hilda will be lifting up the life of Esther and examining what gave her the courage to come before the king to defend the life of her people. Hilda shares practical ways we can follow in her footsteps...whatever challenges we face. Learn how to deepen your relationship with God and take risks for the sake of His kingdom with courage and conviction.

Kelly Love

Tossing The Toxins + Creating A Healthy Home

What if the products you use every day to clean your home are actually contributing to hidden health stressors? We'll uncover the most common sources of toxins in the home from cleaning supplies and air fresheners to personal care and laundry products, and explore how they impact our bodies, especially our hormones, immune systems, and children's developing systems. You'll walk away with simple, affordable swaps and a toss the toxins challenge that could change your life. Whether you're just beginning your wellness journey or looking to go deeper, this talk will equip you with practical tools to confidently reduce your toxic load and create a healthy home environment that supports your family's wellbeing.

Kristen Braasch

Breakout 1: Wonderfully Made: Women's Pelvic Health Across the Seasons of Life

Come and learn what the pelvic floor is, what's normal, what's not, and what helps

Breakout 2: Embodied Faith: Living in God's Design for Your Mind and Body

Learn how God uniquely designed your mind and body to work together. We'll explore the science of stress and women's health, paired with biblical truth about living in tune with the way God created you.

BREAKOUT SPEAKER SESSION DESCRIPTIONS CONTINUED...

Lere Robinson

Understanding your Hormones through every Season

Hormone health focuses on how nutrition and lifestyle directly influence hormonal balance, especially for women navigating different life stages. I help audiences understand the connection between what we eat, how we manage stress, sleep, and the importance of exercise and the impact our internal and external environment has on our endocrine systems and how these daily choices impact energy, mood, metabolism, and overall well-being. I take them through every season of their lives (Spring/Summer/Autumn/Winter) and how our bodies change and what our bodies need in each season. That each season is unique and special. That the Lord created women with a 28 day rhythm, with shifting hormones that influence how we think, train, recover, and lead. That we don't lose our strength through the seasons, it simply shifts. When we honor those shifts, we remain strong and can accomplish THAT which the Lord has called us to do."

Matthew Gay

Meaningful Movement

In Meaningful Movement, Personal Trainer and Fit Church Founder Matthew Gay lays out the criteria for achieving optimal health using biblical insight and science through what he calls a Built for Life approach. This workshop isn't about general fitness, but about achieving optimal fitness levels at any age, with an approach that better equips you to serve God and make the most of your life.

Polly Hamp

The Biology of Forgiveness: How God Designed Release to Heal Your Body

Forgiveness isn't just a spiritual principle — it's part of God's biological design. When we hold onto offense, resentment, or unresolved pain, our bodies carry it. Stress hormones rise, our nervous system stays activated, and we often experience the physical consequences of emotional wounds. In this session, we'll explore what forgiveness truly is — and what it is not — through both a biblical and biological lens. You'll discover how God designed the brain and body to respond to release, and how forgiveness doesn't just free your spirit — it regulates your nervous system and restores peace to your whole being. Together, we'll walk through a guided forgiveness practice so you don't just leave inspired — you leave lighter.

BREAKOUT SPEAKER SESSION DESCRIPTIONS CONTINUED...

Dr. Rebecca Edwards

The Modern Mouth Crisis: How Nutrition, Breathing, and Dentistry Shape Your Health

What if some of the most common health challenges we face today—fatigue, poor sleep, crowded teeth, chronic inflammation, headaches, anxiety, and even sleep apnea—could be traced back to something most people never think about? Their mouth.

During this eye-opening session, Dr. Rebecca Edwards will challenge conventional thinking and uncover the hidden connections between nutrition, jaw development, breathing, oral health, and overall wellness. Through interactive audience participation, you'll discover why so many people have had wisdom teeth removed, teeth extracted for braces, root canals, crowns, and fillings—and what these trends reveal about modern health

Sue Becker

Breakout 1: Not by Bread Alone

As surely as we are physical beings we are spiritual beings as well. We may not find good physical health by simply eating good nutritious food. We must also let God bring health to our spiritual being through His word. This powerful workshop by Sue Becker is her personal testimony of her healing from cancer. Although proper nutrition was key in her survival, her complete healing came through very basic principles laid down by God's word.

Breakout 2: Real Bread - The Staff of Life (THIS BREAKOUT IS TWO SESSIONS COMBINED-Breakout 3 & 4 lasting 1hr 30 min.

With all the negative information concerning grains published today, Sue Becker brings a timely message on the truth about wheat, grains and gluten. She shares the history of white flour and its effects on our health, as she discusses the correlation of the bread we eat and the common health issues that plaque most of us.

MY BREAKOUT SELECTIONS

Breakout Session ONE 10:30-11:15am

(Select your top 2 choices for each session)

- ☐ Bob Hamp- The Transformational Power of Identity (Auditorium)
- ☐ Annette Reeder-Breakthrough Beliefs: Rewrite Your Inner Script
& Stop Interfering with Healing and Weight Loss (Oak A)
- ☐ Bria Alston-Detox Your Beauty Regimen (Oak B)
- ☐ Dr. Ben Edwards-Moving From Pharma to Food (Cedar)
- ☐ Kristin Braasch- Wonderfully Made: Women's Pelvic
Health Across the Seasons of Life (Magnolia A)
- ☐ Erin Kerry-How Your Self-Talk Impacts Your Health (Magnolia B)

Breakout Session TWO 12:00-12:45pm

(Select your top 2 choices for each session)

- ☐ Sue Becker-Real Bread-The Staff of Life (Auditorium)
Sessions from 12:00-1:45pm)
- ☐ Chelsea Blackbird-The Genesis Prescription (Oak A)
- ☐ Dr. Amari Kimble-Most Common Sports Injuries
& How to Treat at Home (Oak B)
- ☐ Matthew Gay- Meaningful Movement (Cedar)
- ☐ Lere Robinson-Understanding Your Hormones
through Every Season (Magnolia A)
- ☐ Polly Hamp-The Biology of Forgiveness: How God
Designed Release to Heal Your Body (Magnolia B)

MY BREAKOUT SELECTIONS

Breakout Session THREE 1:00-1:45pm

(Select your top 2 choices for each session)

- ☐ Sue Becker-Real Bread-The Staff of Life *CONTINUED (Auditorium)
- ☐ Annette Reeder-Can You Trust the Bible for Your Health? (Oak A)
- ☐ Kelly Love-Tossing The Toxins + Creating A Healthy Home (Oak B)
- ☐ Dr. Ben Edwards-As a Man Thinketh in His Heart, so is He (Cedar)
- ☐ Kristen Braasch- Embodied Faith: Living in God's Design
for Your Mind and Body (Magnolia A)
- ☐ Corey Dunn & Christine Muldoon-Food Family
Values: Reclaiming the Table in a Modern World (Magnolia B)

Breakout Session FOUR 3:30-4:15pm

(Select your top 2 choices for each session)

- ☐ Chelsea Blackbird -Biblical Quantum Biology: New Science
or Ancient Design? (Auditorium)
- ☐ Dr. Allen Williams- Regenerating Human
Health from the Ground Up (Oak A)
- ☐ Hilda Labrada Gore- You Were Made for Such a Time as This:
How to Cultivate the Courage of Esther (Oak B)
- ☐ Sue Becker-Not by Bread Alone (Cedar)
- ☐ Dr. Rebecca Edwards -The Modern Mouth Crisis: How Nutrition,
Breathing, and Dentistry Shape Your Health (Magnolia A)
- ☐ Dr. Amari Kimble- Nutrition for Children (Magnolia B)

MY BREAKOUT SELECTIONS

Breakout Session FIVE 4:30-5:15pm

(Select your top 2 choices for each session)

- ☐ Christine Muldoon, Corey Dunn, & Hilda Labrada Gore
Panel-Real Food Rebels: Nourishing Kids in a Processed Food World (Auditorium)
- ☐ Erin Kerry-Understanding the Food-Mood Connection (Oak A)
- ☐ Germaine Benoit-Hydration and EZ Water (Oak B)
- ☐ Dr. Ben Rall- Navigating Today's Medical System Without Fear (Cedar)
- ☐ Andrea Mangrum-The Immune Imprint: What Your Blood Work Reveals About the Infections, Stress, and Trauma Still Driving Your Symptom (Magnolia A)
- ☐ Anne Buck-against ALL Odds: How to Freely Flourish In Spite of Mind-Boggling, Sometimes Overlapping Adversities (Magnolia B)

BREAKOUT SESSION NOTES

Breakout 1

Name of Speaker: _____

Title: _____

NOTES:

BREAKOUT SESSION NOTES

Breakout 2

Name of Speaker: _____

Title: _____

NOTES:

BREAKOUT SESSION NOTES

Breakout 3

Name of Speaker: _____

Title: _____

NOTES:

BREAKOUT SESSION NOTES

Breakout 4

Name of Speaker: _____

Title: _____

NOTES:

BREAKOUT SESSION NOTES

Breakout 5

Name of Speaker: _____

Title: _____

NOTES:

FOOD & DRINK

Whether visiting one of James Beard winning Chef John Currence's four restaurants, sampling soul food at Ajax Diner or eating the famous chicken-on-a-stick at the local gas station (a favorite among college students for late night!) you can't go wrong eating in Oxford.

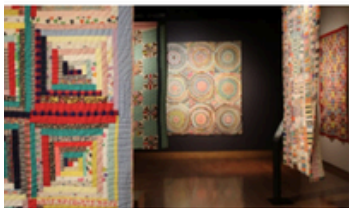
We hope you came with an appetite because Oxford's diverse culinary scene has been acclaimed nation wide! From fast food to fine dining, Oxford has a wide variety of eateries.



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