

QESTA Conference-Retreat ~ April 23-26, 2026

In-depth QEST educational sessions to boost your confidence & QEST expertise!



"Interconnections, Root Causes, & Body Wisdom" These three dynamic tenets of our work hold some of the keys to unlocking the power of QEST. When we honor these, we often see extraordinary results! Presentation will include concrete examples & handouts to educate, illustrate, & help us think about our health and that of our clients in a new way. Sandra Freeman, QEST Master Practitioner, from Talent, OR is an instructor & founder of Center for Integrative Energy Medicine. Sandra had a strong background in energy healing & natural therapies and brought a strong desire to go deeper into energy medicine with QEST.



"Powerful QEST Codes" by Tasha Morris. A Master QEST Practitioner and QEI instructor with a nursing and naturopathic background, Tasha graduated from QEI in 2001. For several years after 2000, she assisted Judith with 5-6 different groups of students and now has recent QEI graduates from her class in Tracy, CA. She's looking forward to sharing some favorite QEST codes that have helped many clients.



"Cranial Nerve Info to Knock Your Socks Off" Judith Heath of Fort Collins, CO is excited to share how some CNs affect far more bodily functions than most of us have realized. She'll give a review of trigeminal cervical complex, in-depth info, & new QEST codes that can really help your clients. Judith, a Master Practitioner, is founder and head instructor of Quantum Energetics Institute (QEI). She's been committed to our valuable energy healing modality since 1977 and is an enthusiastic instructor since 1991.



"The Power of QEST!" by Paula Burns of El Granada, CA. A 1994 graduate of WINH, she is a Master Practitioner who has been an enthusiastic proponent of QEST through the years. Because of her, a number of people have become QEST practitioners. Paula is looking forward to sharing with everyone why she's been committed for so many years to our life-changing healing modality.



"QEST for Animals" by Nicole Borrego, Master Practitioner. Returning this year per requests, Nicole will share QEST success for animals - horses, dogs, cats. She'll teach guidelines for locating APs, understanding anatomical similarities and differences between animals and humans and making all of this come alive. Nicole graduated from QEI in 2002 and has assisted with numerous QEI classes. She lives near Parker, Colorado.



"The Power of QEST for Substantia Nigra: Helping Anhedonia, Hoarding, Depression, OCD, Chronic Stress, Parkinson's, Learning, Memory & More" by Tanya Carmosino of Loveland, CO is a retired RN with 28 years in western medicine (family practice, pediatric, geriatrics, ER, medical surgery, PCU, hospice). In the last 7 years, she found that hospital staff policies were no longer focused on patient care. That prompted her to find something to actually help people: QEST. A 2023 QEI graduate, she assists with QEI classes.



"The Critical Importance of HCl (Stomach Acid) for the Entire Digestive System" by Amy Daley, DVM of New Castle, CO, a large animal veterinarian with extensive training in human nutritional therapy root-cause medicine, a Functional Nutritional Therapy Practitioner (FNTP), and a Master Restorative Health Practitioner. Now she's a 2nd year QEST student. She'll discuss the necessity of sufficient HCl & why low HCl from acid blockers (either Omeprazole or naturally occurring) is so detrimental and dangerous for the health of the entire body.

"Shining a Light on QEST" Troy Morris, QESTA VP, has an MBA in engineering mgt. & a degree in EE ME engineering design. He'll share perceived connections between light, energy, and QEST, "the most powerful modality" for us.



"Health Self-Care" by Kathleen Krellner, Master QEST Practitioner, QEI instructor from San Marcos, CA. She'll focus on sharing pointers for client self-care, including the importance of nutritional support.



"The Crucial Gut Biome and How You Can Help It" by Cindy Guillory, a 1999 QEST graduate from Athens, TX. Hippocrates said, "All disease starts in the gut". But the great news is "So does health". "Since our gut microbiome determines which conditions we experience, let's learn how to choose health by giving that gut biome a boost!"

"Basic Supplements" by Kristi Hughes, ND, IFMCP, FMCHC of Minnesota. For over 25 years, Kristi's participation in medical education events have taken her around the world as an educator. For a decade, she was Director of Medical Education at the Institute for Functional Medicine. Known for her deep knowledge of novel professional nutraceutical formulas and associated testing, for us she'll focus on reasons for basic supplements for health and success with QEST. *Note:* Our QEST practitioners will be able to open wholesale accounts for NutriDyn supplements that have been tested for purity and potency.



ALSO: Panels, Q and A, inspiration, problem solving, networking, & doing QEST for one another