



November 26, 27, 28 2010 • Metro Toronto Convention Centre

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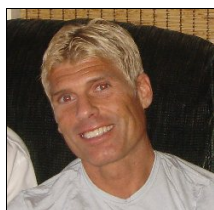
Friday Speakers - November 27th, 2009

Lecture Hall 205

Stage One

Stage Two

Lecture Hall 205



4:30 - 5:30 pm

DISCOVER THE 'ANTI-DENSITY THEORY' – SECRET TO AGE REVERSAL

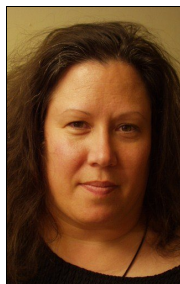
with Dr. Shawn Miller, DC and Dr. David Carmos, PhD (La Jolla, California)

Doctors Miller and Carmos are experts on the reversal of the aging process. Discover the 'Anti-Density Theory' – the secret to age reversal. Explore the mysteries of perfect health and human alchemy as revealed in the Dead Sea Scrolls and taught by the ancient Essenes. They are co-authors of *You're Never Too Old to Become Young*, an encyclopedia of anti-aging and vegan health, and *The Essene Master – Gospel of Healing* covering the healing secrets of the ancient Essenes.



Available afterward and throughout the weekend at DRAGON PHOENIX booth 178.

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5:45 - 6:45 pm

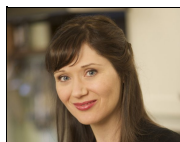
RAINBOW HEART MEDICINE

with Wendy Luckey, Curandera

This is a braiding of several distinct lineages of traditional shamanism and healing ways. These lineages are deeply rooted in indigenous practices that continue in an unbroken line to this day. These ways can be shared with those who feel the calling within their hearts. These seeds are buried deeply in the fertile garden of the heart, waiting to crack open to germinate, sprout and grow to full fruition. Wendy Luckey is a traditional healer and shaman who has practised the art of healing for over 30 years. She has studied with many indigenous elders and shamans from around the world, and has lived in the jungles of Peru for the past 4 years.

Available throughout the weekend for healings at SHIATSU BY SHER booth 121,122.

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7pm – 8:00pm

FOODS THAT HEAL INFLAMMATION

with Julie Daniluk, R.H.N. (Toronto, Ont)

In this session, Julie Daniluk will outline a practical guide to managing inflammatory illness such as arthritis, allergies, irritable bowel syndrome and heart disease with the healing power of food. This talk will provide an





overview of what causes inflammation and how to stop it in its tracks using delicious and easy to prepare recipes. Expect an interactive workshop that will leave you with great suggestions for healing. Julie is the host of The Healthy Gourmet, a reality TV cooking show on Viva channel. One hundred pre-release copies of her expanded book, Meals That Heal Inflammation will be made available exclusively at the Expo!

Available afterward at SUPERHEALTH.CA booth 6.

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Stage One



4:30 – 5:15pm

THE HEALING POWER OF MUSIC

with Michael Moon (Toronto, Ont)

Using music to heal is an ancient art and a modern science. In this talk and concert, internationally acclaimed recording artist Michael Moon will share some of the principles of using music as a healing tool that he has discovered in his 20 year career as a composer and performer of healing music. We will then have the special opportunity to experience some of Michael's 'aural alchemy'.

Visit Michael throughout the weekend at THE TEMPLE OF SOUND booth 235

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5:30 pm – 6:30 pm

'AWAKEN THE SOUL' HEALING MEDITATION

with Buddha Maitreya Shambhala Monks/Nuns (Sedona, Arizona)

Come and join us for this wonderful meditation using Sacred Soul Therapy sounds and the beautiful Buddha Maitreya meditation healing tools. The tools apply sacred geometry using energetic vibrational medicine for soul therapy. They transmit the healing spiritual blessings of the living Buddha Maitreya to awaken the soul and heal the personality. The effect is life-changing and guaranteed to uplift the spirit and bring peace to your heart.

Available afterward and throughout the weekend at BUDDHA MAITREYA SHAMBHALA HEALING TOOLS booth 231.

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6:45 - 7:45 p.m.

TEN THINGS YOU NEED TO KNOW ABOUT YOUR BODY

With Dr. Mike Van Thielen, PT, AP, OMD (Ormond Beach, Florida)

Wellness expert and author Dr. Mike will share health concepts that are crucial to maintain or regain optimal health. He will discuss the amazing ability of the body to heal itself, and the essential tools and nutrients necessary to do so. Learn how and why our standard diet causes disease, as well as the criteria to select the right supplements. He will provide a simple, unique, and sensible action plan that will put you on track to successfully restore your health, resolve your medical problems, and rejuvenate your mind and body. Don't miss this passionate and charismatic speaker. Available afterward at ULTRA INTERNATIONAL

booth 48 for questions.

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8:00 - 8:30 pm

MEDICINE SONGS FOR THE EARTH TRIBE

Sacred Sound and Song carry us and support us on our paths wherever we are in the world, knowing we are part of the Earth Tribe. Through drumming, Medicine songs and movement, we will celebrate our healing connection to sound and wellness. Join Medicine Person Gaisheda Kheawok and the Whispering Songsters for this inter-active event.

Gaisheda Kheawok, Wisdom Teacher, Seer and Spiritual leader of the Earth Tribe - is the Founder and Executive Director of the Whispering Song School of Energy Medicine, where she teaches Meditation, Energy Medicine and Traditional Healing modalities. She has worked for over 25 years in private practice, bringing her pioneering work in Shamanic Soul-based Energy Medicine™ and transformative counselling to clients through individual and group therapies. She is an honoured member of the Seneca Indian Historical Society.

Visit WHISPERING SONG at booth 161.

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Stage Two

4:45pm – 5:30pm

PROTECT YOURSELF FROM INFLUENZA – WITHOUT DRUGS

with Dr. Joel Wallach, BSc, DVM, ND

In this session, Dr. Wallach will inform you what you must do to avoid getting influenza, and how to survive it if you do come down with it. He will get you up to date on the latest research, things your doctor won't tell you. (Over 106,000 Canadians & Americans die each year from prescription drugs. Estimates suggest Vioxx alone has killed over 139,000 people.) Don't wait, learn how to protect yourself before it's too late. Includes a discussion of anti-viral essential oils used by thieves who survived the plague of the 1300's. This is an interactive Q and A session.

Available afterward and throughout the weekend at YOUNGEVITY booth 240, 241 for questions.

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5:45 pm – 6:45 pm

UPDATE ON MERCURY TOXICITY

with Dr. Dana Colson, DDS

This lecture updates information on mercury toxicity, and how to remove it safely. We will discuss the pros and cons of alternative filling materials. Electromagnetic galvanism will be examined with the role of other metals and the use of implants. Ozone's effectiveness will be shown, along with the question about root canals versus extractions, and how root canals can be avoided. Leading edge technology will be shown along with minimally invasive dentistry, so one can not only keep their teeth, but have their very best smile for a lifetime.

Available afterward and throughout the weekend at DR DANA COLSON booth 119, 120.

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7:00 pm – 8:00 pm

WHAT IS YOUR PET TRYING TO TELL YOU?

Charlotte Szivak, Animal Communicator

Ever wonder what your pet is saying? It's usually more than 'I'm hungry' or 'Let me outside'. Come learn how to communicate with your baby. Be astonished by some of the adventures Charlotte has experienced when talking with animals – from a sun bathing pig to horses requesting salsa music. Learn how to practice your ability to communicate with, and heal, your pet with the aid of meditation and crystal therapy. Charlotte is a

modern day mystic who inspires others to recognize their own divinity and connection to Source. She is the first ever Psychic, Multidimensional Energy Healer, Medical Intuitive and Animal Communicator to be nominated for the Distinct Women of the Year 2007 and '08 in the category of Health and Wellness. She is also an SPCA spokesperson and guest expert consultant for SLICE network's 'Newly Wed, Nearly Dead'.

Available afterward and throughout the weekend at booth 153.

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CANADIAN
REIKI
ASSOCIATION

Make sure to drop
by booth 96 & 97
and enjoy a mini
Reiki session with our
C.R.A. Practitioners

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Saturday Speakers - November, 28th, 2009

Lecture Hall
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Lecture Hall
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Stage One

Stage Two

Lecture Hall
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Lecture Hall 205



11:30am - 12:30pm

PROBIOTICS – THE KEY TO DIGESTIVE HEALTH

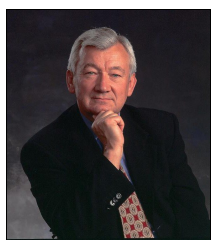
with Doug Cook, RD (Toronto, Ont.)

Choosing an effective probiotic can be challenging. Understanding the ABC's of probiotics will help you in selecting the one that is suitable for you and your family. The role of intestinal flora, digestion, and how probiotics benefit the immune system will be addressed. You will be introduced to the "biotics" family – Pro, Pre, and Syn and their diverse roles in the human body. Also a general review of the types of bacteria as well as the balance of good to bad. Understanding digestion and nutrient absorption will be made easier, as well as methods of suppressing harmful bacteria.

Available afterward at BIO-K+ booth 33 for questions.



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12:45 pm - 2:00pm

DETOXIFICATION – AN URBAN SURVIVAL GUIDE

with Dr. Jozef Krop, MD (Mississauga, Ont)

Standard air pollution causes more deaths per year than breast cancer, prostate cancer, and automobile accidents. According to the Canadian Medical Association, 21,000 Canadians died last year from pollution. Hundreds of thousands more required medical treatment. This staggering statistic reveals that society must prepare for an increase in pollution related diseases such as fibromyalgia, diabetes, obesity, heart disease, high blood pressure and cancer. In this lecture, medical pioneer Dr. Krop will explain the secret to longevity in the 21st Century – which pollutants you should be worried about, how to avoid them, and how you can detoxify from the daily onslaught of poison that you cannot avoid. Dr. Krop is one of Canada's best known practitioners of patient-based medicine, having fought for patient's rights in a landmark case at the CPSO in the 1990s. He is author of Healing the Planet, One Patient at a Time, and is currently practising environmental medicine in Mississauga, Ont.

Available for questions and book signing afterwards at SAUNARAY booths 42, 43

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2:15pm - 3:30pm

HEALTHY SIN FOODS - DECADENCE WITHOUT THE GUILT!

with Dr. Joey Shulman, DC, Registered Nutritionist

Finally – a seminar that offers audience members exactly what they want – delicious and decadent tasting food without the guilt! In her latest seminar and book entitled Healthy Sin Foods - Decadence without the Guilt, best-selling author Dr. Joey Shulman demonstrates just how easy it is to make healthy choices that optimize health and slim down your waistline. From super skinny recipes and eating in hormonal balance to the must have "super foods" and slimming down on a busy schedule – this is one

seminar you will not want to miss!

Available afterward for booksignings at HOOPERS PHARMACY booth 57 - 61.

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3:45pm - 4:45pm

STRESS AND ABDOMINAL FAT – THE PGX CONNECTION

with Dr. Kate Rheume Bleue, BSc, ND (Ancaster, Ont.)

How is abdominal fat different from fat in other areas of the body? What causes some people to snack from dinner until bedtime? Why do we sometimes find ourselves wide awake at 3 o'clock in the morning – especially after menopause? Join Dr. Rhéaume-Bleue to learn how to beat belly fat, eliminate food cravings, and even get a better night's sleep. Combating stress and achieving healthy weight loss for life is easier than you think!

Available afterward for questions at SMITHS PHARMACY booth 81 - 84.

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5:00 pm - 6:00pm

HEALING THE BODY WITH COLOUR, SOUND AND LIGHT

with Dr. Shirley Zabol, ND, BScN, BAPsy

In a world that is in chaos, how does the human race sustain health and energy in the coming future? We need a new way to deal with the viruses, bacteria, and parasitic menaces that are quickly developing resistance to drugs. Many of us are turning to energy therapies such as magnetics, colour, sound, and oxygen instead of chemicals. These modalities have been proven for over 50 years with no resistance reported. More light and energy is needed to keep these pathogens away from our bodies so we become strong and healthy.

Available afterward and throughout the weekend at BIOTRONIX booth 204 for questions, demonstrations.

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6:15 - 7:15

UPDATE ON INTEGRATIVE CANCER THERAPIES

with Ahmad Nasri, HD, BPCT, BFT (Barrie, Ont.)

This session will address the most up to date evidence-based complementary and alternative therapies that are successfully used in the battle against cancer. This includes Intravenous Vit. C, Poly MVA, Laetrile (B17), Iscador, Oxygenation therapies, etc. Ahmad will also discuss where to get access to these therapies and how to monitor cancer activity through tumour markers. From this you will get a clear

idea about what to do if you or a family of yours has been diagnosed with cancer.

Available afterward for questions at Smiths Pharmacy, booth 81 - 84

www.vitalitymagazine.com/nov09_pg32feat

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Lecture Hall 203



11:30am - 12:45pm

SPIRITUAL WISDOM ON HEALTH & HEALING

with Janet Matthews

This is one area of health that is of the utmost importance to all those seeking a vibrant and meaningful life. We will be covering the topic of healing in its most subtle dimension; the heart as well as the body.

Available afterward for questions at ECKANKAR booth 148.

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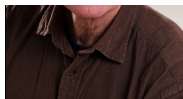


1:00pm - 2:00pm

A TALK ABOUT THE FUTURE

with Tom Pickens, Futurist, MS Systems Analysis

This is a talk about signs... – signs that indicate the fulfillment of ancient prophecies that have come to mankind over the centuries from every spiritual tradition and culture on the planet. These signs have emerged in



various ways around the world, beginning in the 1970s and continuing into the present. This talk includes actual photographs of many of these signs. Some of these signs forecast the global economic crisis that is now underway while others portend events of great hope. This is a talk that you won't want to miss!

Available afterward at **TORONTO TRANSMISSION MEDITATION booth 134B** for questions.

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2:15pm - 3:15pm

SUPERNUTRIENTS TO PREVENT AND REVERSE DEGENERATIVE DISEASE

with *Jerry Zeifman*

In this lecture, Jerry will discuss the foundational raw materials that must be consumed in the right form, quality, and quantity in order to fuel optimal biochemistry. Find out which foods can help you reverse degeneration and aging, prevent metabolic syndrome, increase your energy and vitality, and provide you with the necessary precursors for endocrine and overall hormonal balance. Also learn about the role of insulin resistance and inflammation as underlying causes of degenerative disease.

Available afterward and throughout the weekend at **ADVANTAGE HEALTH MATTERS booth 54,55.**

www.advantagehealthmatters.com

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3:30 - 4:30pm

MINDFULNESS AND THE WISDOM OF ENERGY MEDICINE

with *Gaisheda Kheawok*

Everything is energy and everything has frequency. The path of Mindfulness provides proactive tools to create sustainable and abundant wellness in all areas of your life. Empower yourself and activate your Soul's wisdom as we explore meditation, energetic self-diagnosis and the principles of Energy Medicine. Gaisheda Kheawok, Wisdom Teacher, Seer and Spiritual leader of the Earth Tribe - is the Founder and Executive Director of the Whispering Song School of Energy Medicine, where she teaches Meditation, Energy Medicine and Traditional Healing modalities. She has worked for over 25 years in private practice, bringing her pioneering work in Shamanic Soul-based Energy Medicine™ and transformative counselling to clients through individual and group therapies. She is an honoured member of the Seneca Indian Historical Society.

Available afterward for questions at **WHISPERING SONG** at booth 161.

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4:45pm - 5:45pm

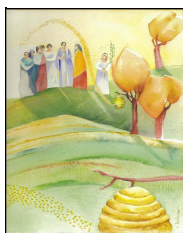
PREPARE FOR 2012 WITH SACRED GEOMETRY

with *Rev. Alicja Aratyn, MEng.*

None of the theories about 2012 answer the important question: how should we prepare ourselves? How can we "become one" so we can all serve each other? Alicja will discuss sacred shapes and how they can be used during the coming Time of Changes. See Kirlian photographs that document the influence of sacred geometry on human energy. Alicja is an internationally recognized expert on dowsing and the vibration of Sacred Shapes.

Available afterward for questions at **ALICJA CENTRE OF WELL-BEING booth #191.**

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6:00 - 7:00PM

'THE SACRED BEE' DOCUMENTARY

with *Oliver Couto, B.A.Hons (Stuttgart, Germany)*

'The Sacred Bee' is an extraordinary 3-part documentary that unites the world's major religions through the paradigm of the bee. Currently in production, this fascinating film combines science, art, and religion to tell its wonderful story. A rough cut of 30 minutes of Part 1 shall be shown today, leaving time for questions and answers with the producer/beekeeper/Apitherapist Oliver Couto.

Available afterward and throughout the weekend for questions at **THE BEE**

SHOP booth 3A.

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Stage One



11:30am - 12:30pm
LISTEN FROM THE INSIDE OUT
with Sharon Carne, BMus, MFA

Within minutes of walking into a store or mall, your heartbeat matches the beat of the music and you enter into a mood to buy. You can't ignore it. It's not possible. There is no off switch. Learn how deeply sound affects you, and how to use it for your benefit to reduce stress, improve concentration, and improve your health. Sharon is a certified Sound Healer and Acutonics Practitioner.

Available afterward and throughout the weekend at MOUNTAIN ROSE

MUSIC booth 220.

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12:45 - 1:45pm
STIRWANDS – INCREASE YOUR WELLNESS AND COME OVER TO THE HYDRATED SIDE
with Glen & Stephanie Halina

In this presentation, Glen and Stephanie will describe how Quantum Age Water Stirwands™ can energetically alter water in 20 seconds to allow your cells (or any living cells) to absorb significantly more of the water that is drunk. Learn how using this space age device can transform water into your body's ally to eliminate "unintentional chronic dehydration" and its many negative outcomes.

Available afterward at FRACTAL TRANSFORMATION'S STIR'N'GO booth 210.

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2pm - 3 pm
CORRECT NEARSIGHTEDNESS WITHOUT GLASSES
with John Yee

Ortho C can correct nearsightedness quicker than laser surgery. It only takes a few minutes. A healing period is not necessary. The curvature of the cornea is not altered. Unlike other methods on the market, it does not tamper with the shape of the cornea. Instead, it relaxes the muscles within the eye: the ciliary muscles, oblique muscles, and the rectus muscles. Besides myopia, Ortho C can also treat astigmatism, hyperopia, and presbyopia.

Available afterward at THE EYE FIX booth 227 for questions and demonstrations.

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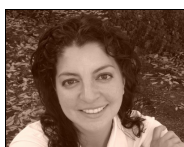


3:15pm - 4:00pm
PROTECT YOURSELF FROM ELECTROMAGNETIC FREQUENCIES
with Liala Epstein

Learn how electromagnetic frequencies (EMFs) from electrical wiring, appliances, wi-fi, computers, cell phones, plus hydro and cell towers affect our physical, emotional, and mental health. Gain a better understanding of the contribution of EMFs to disease and disorder. Discussion includes practices for minimizing your EMF exposure and the tremendous benefits that proceed from effective EMF protection. Also learn about and sample the technology within EarthCalm's EMF protection products.

Available afterward at EARTHCALM booth 47 for questions.

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4:15 - 5:00pm
LIVE BLOOD CELL ANALYSIS, CELLULAR INFLAMMATION, AND AGING
with Cheryl Badham and Stephanie Herrera

With a single drop of blood under a high-powered microscope, audience volunteers will see a living picture of their blood on a big screen. Blood



analysis can detect deficiencies, parasites, free radical damage, and other health related concerns. This talk includes an introduction to breakthrough products scientifically proven to: decrease cellular inflammation, strengthen your immune system, slow down the aging process, and return your body's cells back to what they were at the age of 20!

Available afterward at MAX INTERNATIONAL booth 207 for questions and live blood cell analysis.

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5:15pm - 6:00pm

HUNA – THE SECRET SCIENCE OF SELF EMPOWERMENT

with Luciana Stan DNM, MNLP, MTLT

Would you like to know the secret to having more peace in your heart? To be able to have your mind quiet down when you ask it to? To be full of energy, secure and free of stress? Huna is one powerful way of reconnecting with that source inside of you. This is your opportunity to experience the power of these long-hidden shamanic teachings of self empowerment. Previously this information was only available to a restricted circle of Kahunas in Hawaii. Now this information is being made available to everyone so that you can realize how powerful you are.

Available afterward at WHOLISTIC HEALING booth 98 for questions.

www.wholistichealing.ca

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6:15 - 7:15 pm

THE HIDDEN MESSAGE IS WATER

with Alan Park & Lamont Alexandre

The obvious yet overlooked reality is that the so-called 'health crisis' is being looked upon in reverse. It's actually a sickness crisis. There is no crisis with good health. And there is no more accessible way to assure your health than by alkalizing your own body. Taking responsibility for ourselves is not always easy, thanks to fast food advertising and the increasingly unhealthy environment that we all share. There is nothing more important than a healthy supply of water, and no better type than alkaline, hexagonally structured, ionized Kangen water. We have the best machine in production for close to 40 years in Japanese hospitals and we want you to

benefit from it. Alan Park is a Comedian and Healthful Lifestyle coach; Lamont is a Wellness Broker.

Available afterward at KANGEN booth 12 for questions and water sampling.

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Stage Two



11:15am - 12:00pm

GROUP ENERGY HEALING TREATMENT

with Stephen Aube

Stephen will guide you with knowledge and light to assist you in the awakening process, allowing you to hold higher vibrational frequencies. This will assist you in awakening others during the exciting growth of oneness leading us towards the evolution of human consciousness and the year 2012. Stephen will begin the group healing treatment by sending grounding energies from the grid of the planet, followed by an awakening of DNA cells in the physical body, which will activate more love and light in your life.

Available afterward and throughout the weekend at CELESTIAL HEALER booth 160.

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12:15 pm - 1:15 pm

MAGNIFICENT MAGNESIUM

with Linda Bolton

In this talk, Linda will give an overview of the importance of magnesium for overall health and longevity. She will focus on the importance of minerals and specifically review how transdermal magnesium oil and Natural Calm can help to alleviate symptoms of magnesium deficiency. These include muscle aches and pains, calcification of joints and organs, insomnia, migraines, blood sugar disorders, and more.



Available afterward at NATURAL CALM CANADA booth 10 for questions.

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1:30 - 2:30pm
YOGA AND THE AQUARIAN AGE
with Hari Nam Singh Khalsa

In these times we all need upliftment, encouragement, and purpose. Yoga can give you a strong base of spiritual understanding within yourself and a deeper connectedness to your soul. Yoga exercises and meditations promote health, happiness, and a spiritual awareness that will give us the ability to see the Infinite in the midst of changing times. Please join Hari Nam Singh Khalsa, a world renowned spiritual teacher and Master Yoga Teacher with 30 years experience as a mind-body healer.

Available afterward for private sessions at the HEALING ARTS CENTRE booth 175.

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2:45 - 3:45
AVOID THE COMMON COLD AND SAY FAREWELL TO THE 'FLU
with Joel Thuna, Herbalist

As Canadians we benefit from some of the most beautiful natural scenery known, but it comes at a cost. We must also endure some of the most brutal winters on earth. What causes one person to suffer through colds and the 'flu each year while others nearby barely have a sniffle? How can you not just survive but thrive this coming winter? Topics covered: The difference between cold and 'flu; Immune boosting vitamins and supplements. Take-home: 5 point plan.

Available afterward at GLOBAL BOTANICAL booth 38,39 for questions.

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4pm - 5pm
MIRACULOUS HEALING POWER OF QI GONG
with Master Teresa Yeung

Chinese Qi Gong is an ancient art of self-healing practised by millions in the world. Master Teresa Yeung, who received the World Organization of Natural Medicine Award in 2006, and the only successor to Grandmaster Weizhao Wu, will introduce the concepts, methods, and healing techniques of Chinese Qi Gong. She will give hands-on Qi building demonstrations and will send her Qi to all present to Feel the Qi, to re-energize and balance their body.

135.

Available after at WU & YEUNG QI GONG WELLNESS INSTITUTE booth

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5:15 - 6:15pm
HOLISTIC HEALING AND MEDICINE WHEEL TEACHINGS
with Leonard McCallum

The healing that will be generated through this experience can empower people and their families to create health and happiness in their environment as well as waking up to their true potential, inner being and giftedness. Leonard McCallum (White Thunderbird) is a North American Aboriginal healer, he is a man who has experienced a number of near death experiences but was blessed with a gift that he wishes to share.

The basis of this healing is Physical, Mental, Emotional and Spiritual healing which is the four directional concept that is derived from the medicine wheel teachings. Leonard also compliments these workshops with his drum and ceremonial singing.

Available all weekend for healings at SHIATSU BY SHER booth 121,122.

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6:30 - 7:15pm
DISCOVER THE SECRETS OF YOUR KARMA
with Erik Valdman

Our good health, rewarding relationships and even our business and financial



success are all mere indicators of the state of our karma. Erik's new understanding of ancient energy practices of India, Tibet, China, Kabbalah and King Solomon magic has power to literally change your future. Practical work with inner energy will open new doors and help you to understand these

processes from within. You will learn how to awaken your internal inherent abilities and reposition yourself for health, happiness, and prosperity.

Available throughout the weekend at ART OF BIM booth 134A.

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Lecture Hall 206



11am - 11:45 am

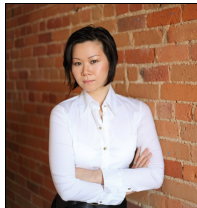
CLEANSING FOR HEALTH, VITALITY, AND WEIGHT LOSS

with Dr. Mark Foullong, DC

Cleansing the body at a cellular level is a very hot topic, and for good reason. Toxins we are exposed to on a daily basis have been proven to have an adverse effect on our cells, internal organs, and ultimately our overall state of health. To compound the problem, much of our food supply is grown in soil that no longer provides the essential nutrients and building blocks that our bodies require. Dr. Foullong discusses the importance of Isagenix products and nutritional cleansing at a cellular level as an effective way for you and your family to recapture your health and vitality.

Available afterward at ISAGENIX booth 202 for questions.

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12:00 - 1:00 pm

FORGET BOTOX AND SURGERY – NATURAL ANTI-AGING IS IN!

with Kristen Ma

Just back from Europe where she witnessed the most up to date science on anti-aging, Kristen will share the latest treatments available to reduce wrinkles, lift sagging skin and restore a youthful glow to your complexion. Come and discover how natural methods (including Ayurveda and Traditional Chinese Medicine) can slow visible signs of aging from teen years through post-menopause. You will learn what signs of aging appear in your Twenties, Thirties and beyond and how you can alleviate them

with diet, lifestyle, supplements and natural treatments.

Available afterward and throughout the weekend for questions and facials at PURE + SIMPLE booth 91, 92

www.pureandsimple.ca

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1:15 - 2:15 pm

THE JOY OF ENLIGHTENED EATING!

with Caroline Dupont, MSc, R.H.N.

Enlightened Eating is a practical and inspirational approach to health. A plant-based diet that emphasizes whole, diverse, plant-based, local and living foods is ideal for the wellbeing of the body, the growth of the soul and the health of the planet. Learn how to use awareness to transition to your best diet while balancing physical, mental, emotional and spiritual health to create your most blessed life. Caroline has been teaching an integrated approach to health for over 20 years. She is author of the Enlightened Eating book and CD. She teaches nutrition, meditation and yoga, and offers private consultations, courses, and retreats.

Available afterward for questions at CANADIAN SCHOOL OF NATURAL NUTRITION booth 181.

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2:30 - 3:30pm

DEFEATING CANCER – ONE WOMAN'S STORY OF RECOVERY

with Susan MacDonald (Amherst, Nova Scotia)

Everything you see, hear, touch, or taste affects your body's energy. Balance is essential to prevent physical health issues, to raise life energy and to embrace wellness and attract the positive. Learn to recognize symptoms that lead to the root causes of illness. Toxins are in everyone's life, but need not be a part of one's body. Learn the conditions for healing to



take place naturally, as all illnesses, including heart disease, arthritis, Fibromyalgia and cancer are symptoms of a Body-Mind-Soul disconnect or imbalance. Susan's diagnosis of terminal cancer became a "gift" to strengthen her authentic self, her leadership ability, and raise love to a higher level in her life. Everyone can do what Susan did. Follow her recovery from terminal cancer, and accomplishments since then, through her lectures and inspirational Canadian Best-Selling book, *BALANCE: Nature's Way to Heal the Body*.

Available afterward at **NEW WORLD PUBLISHING** booth 177 for questions and booksigning.

www.newworldpublishing.com

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3:45 – 4:45pm

CHANGE YOUR LIFESTYLE, SAVE YOUR LIFE – HOW TO PREVENT AGING AND HEAL DISEASE

with Dr. Brian Clement, PhD (Palm Beach, Florida)

Come and learn how changing the lifestyle and living on living foods' abundant energy and extraordinary nutrition protects cells from early death, promoting life extension. Dr. Clement will explain how each of us can lengthen our life span and increase the quality of our health and well-being. His extensive clinical research as Director of Hippocrates Health Institute affords him an intimate understanding of how all people can prevent premature aging, disease, and resulting unhappiness.

Available afterward at **HIPPOCRATES HEALTH INSTITUTE** booth 105 for questions.

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5:00 - 6:00 pm

UP-TO-THE-MINUTE NEWS ON BILL C-6, LYME DISEASE, AND MORE

with Helke Ferrie

Known to Vitality readers for her monthly articles on the politics of medicine, Helke Ferrie will present updates on provincial and federal health freedom issues. Examples are the federal Bill C-6, which the Senate recently refused to pass into law because of its attack on constitutional safeguards and human rights. This Bill's hidden consequences for freedom of choice in health care, the natural products industry, and especially the right to refuse vaccines will be discussed and actions suggested. (Quebec has initiated a bill that could make vaccination mandatory and action is required to prevent this from becoming law there or elsewhere in Canada.) Updates on provincial developments regarding Lyme Disease will also be discussed, along with other healthcare issues in the spotlight. This is an interactive discussion. Bring your ideas!

Available afterward and throughout the weekend at **KOS PUBLISHING** booth 166

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6:15 - 7:15pm

BOOST YOUR IMMUNE SYSTEM NATURALLY

with Dr. Frank Silva BA, ND

Every day our health is compromised by factors such as stress, poor diet, and insufficient sleep, leaving us more vulnerable to viruses such as colds and flus. Learn how Wellmune® primes key immune cells to respond more quickly and completely to the presence of disease-causing organisms – improving overall immune health and the feeling of well-being. Wellmune is now available in three new immune health products: SISU Healthmune™, Coldmune™ and Stressmune™.

Available afterward for questions at **SMITH'S PHARMACY** booth 81 - 84.

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Sunday Speakers - November 29th, 2009

Lecture Hall
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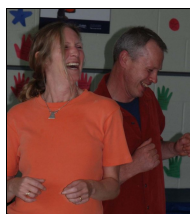
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206 ABCD

Stage One

Stage Two

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206 EF

Lecture Hall 205



11 am - 12:00 pm

RECONNECT WITH THE SPIRIT OF LIGHT HEARTED PLAYFULNESS with Duncan Cook

Laughter Yoga is a method of exercise which accesses multiple levels of human experience. Elements of ancient yogic wisdom are combined with modern technological discoveries. A brief description of the origin and development of Laughter Yoga, first initiated by Dr Madan Kataria (a physician in India), is followed by an invitation to participate in a regular laughter session. Laughter Yoga simply has to be experienced to be fully appreciated. Duncan Cook is a certified Laughter Yoga Teacher.

Available afterward and throughout the weekend at LAUGHTER YOGA ORGANIZATION booth 124.

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12:15pm - 1:15pm

CONSUMER ALERT – THE CHEMICALIZATION OF COSMETICS with Milena Celap, BSc, LLB

Thickeners, preservatives, emulsifiers, gelling agents, alcohols, and surfactants are just some examples of chemicals used to make cosmetics and toiletries more pleasing to the senses, to extend their shelf life and to create the perception that products are doing more than they are. Learn to discern which of those chemicals are known to have harmful effects on our bodies and why going natural is the only sensible approach.

Available afterward and throughout the weekend at NEN'S NATURALS booth 209 for questions.

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1:30pm - 2:30pm

TREATING CHOLESTEROL, BLOOD PRESSURE, AND HEART DISEASE NATURALLY with Elie Klein, BSc, ND

A recent study published in the American Heart Journal revealed that in 75% of all heart attack cases, cholesterol was normal. So if cholesterol doesn't cause heart attacks, what does? How do you protect yourself from plaque in the arteries that leads to heart attacks and strokes? In 1994, two-time Nobel prize recipient Dr. Linus Pauling, along with Dr Mathias Rath, received a patent for a medicinal formulation consisting

mostly of natural agents for preventing and treating plaque in the arteries. In this lecture, Elie Klein, Doctor of Naturopathic Medicine, will share the details of Pauling's and Rath's approach, as well as additional insight into treating cholesterol and blood pressure naturally.

Available afterward for questions at INNOTECH NUTRITION booth 89.



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2:45pm - 3:45 pm

HEALTH BY FREQUENCIES

with Dr. Ron Hill, BSc, DC, FIACA, CCRD

Learn how energy medicine has a simple solution to restore your health from stress and challenges. Discover how user friendly Pulsed Energy Stimulation is essential for every cell to function. Pulsating fields may aid in cellular regeneration, healing of injuries, reduction of inflammation and pain, improved sleep, and much more. This lecture is packed with compelling research from the Second International Conference on Energy Medicine and the work

of Nobel Prize Laureates in action today – valuable information that will challenge your mindset about health and healing.

Available afterward for questions at MEDICONSLT: THE HEALTH TECHNICIANS CANADA INC booth 139.

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4:00 - 5:00 pm

THE TOP TEN STRATEGIES FOR WOMEN'S HEALTH

with Sat Dharam Kaur, ND (Owen Sound, Ont)

Do you want to know how to live vitally, with radiant health, avoiding many of the diseases that affect women – such as osteoporosis, breast cancer, heart disease and menstrual difficulties? Join author and naturopathic doctor, Sat Dharam Kaur ND, to learn the top 10 strategies for women's health – what foods to eat and avoid; what supplements to take; how to avoid specific harmful environmental chemicals; how to keep your hormones balanced; how to detoxify annually; what exercise program to maintain; and the importance of relaxation and meditation.

Available throughout the weekend at booth 137B.

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Lecture Hall 206 ABCD



11:15 am - 12:15 pm (CF-09)

THE WELLNESS BASED APPROACH TO DENTISTRY AND ANTI-AGING

with Dr. Dana Colson, DDS

Our smile is today's Fountain of Youth. Look younger and feel better! This seminar will discuss how revamped smiles can change one's face and make it look more youthful. An Integrative, 'whole person' care approach to dentistry will provide the basis for minimally invasive dentistry. This conservative and balanced approach helps to make changes very gently through the use of Homeoblock (night time retainer), Invisalign (invisible orthodontic aligners, no one even knows you are wearing them), or minor

modifications with whitening, bonding or veneers. Come and learn about sleep apnea, snoring and how to eliminate double chins. Dr. Mao said, "If you have a healthy mouth, you will live 10 extra years!" New scientific advances will be discussed in the mouth- body connection.

Available afterward for questions at DR DANA COLSON booth 119,120

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12:30 - 1:30 pm

THE NUTRITIONAL KEYS TO HAPPINESS

with Karen Hack, BSc, ND

We're overworked, over-connected, and overstressed. What can this do to our bodies over the long term? Come hear Naturopathic doctor and psychotherapist, Karen Hack, discuss the physiological effects of stress and how you can reverse them. She will explain how the therapeutic use of nutrients – an approach known as Orthomolecular Medicine – can be used along with other modalities to help you manage your stress and lead a

healthier, happier life. Includes a discussion of B vitamins, antioxidants, EFAs, plus other supplements and herbs.

Available afterward for questions at ORTHOMOLECULAR HEALTH booth 142.

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1:45 pm - 2:45pm

LIVING BEYOND 100 YEARS

with Dr. Joel Wallach, BS, DVM, ND

Dr. Wallach will reveal the reason why certain groups of people around the world live long and healthy lives well beyond the age of 90 – without doctors or medical care! He will show you the common thing which all these cultures have in common that enables them to live so long. And he will share his views on what us North Americans must do to live to 100 and beyond. Come and learn what you can do now to prevent disease and enjoy a long and healthy life.

Available afterward and throughout the weekend at YOUNGEVITY booth 240,241

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3:00 - 4:00pm

TRADITIONAL CHINESE MEDICINE FOR A HEALTHY, HAPPY MENOPAUSE

with Mary Wu

Why do some menopausal women experience severe symptoms and signs while others may hardly notice any discomfort? Come to learn how Traditional Chinese Medicine (TCM) views the physiological processes of the human body, mind and spirit during menopause; why you experience hot flashes, night sweats, anxiety and insomnia, depression and mood swings, dryness of vagina and libido, tiredness and exhaustion; how TCM can help to calm the mind, nourish the body fluids and invigorate the vital energy. Simple and applicable TCM modalities such as acupressure, qigong meditation and herbal remedies will be explained. Mary Wu has over 20 years of clinical, teaching and research experience. She is president of the Toronto School of Traditional Chinese Medicine and director of the teaching clinic.

Available afterwards at TORONTO SCHOOL OF TRADITIONAL CHINESE MEDICINE booth 93.

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4:15 - 5:15pm

BEST KEPT SECRETS TO A NEW YOU!

with Cathi Graham

Cathi Graham, best-selling author, will be talking about "The Best Kept Secrets to a New You!" Includes foods that erase wrinkles, drinks that cleans your skin and make it glow, how to produce collagen, the anti-aging protein, and how to decrease cellulite to get rid of that cottage cheese look. Learn how to have natural non-surgical facelift in just 3 minutes a day! Cathi will also be talking about "How to Release Weight Naturally" with Thermogenic foods and drinks that burn fat. Discover ways to feel slim, attractive and happy!

Available afterwards and throughout the weekend at OXYLIFT, Facelift in a Box, booth 102

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Stage One



11:15am - 12:15pm

LIFE: QUALITY AND QUANTITY – THE BEST OF BOTH WORLDS

with Dr. Lee Know, ND

Come and hear Dr. Know simplify the complexities of the body while explaining how key nutrients and natural compounds can counter the effects of aging and reduce the risk of disease that affects both the quantity and quality of life. This discussion highlights the specific nutrients that are able to regenerate the body at the cellular level, thereby improving mobility, vision, and cardiovascular health. Learn how to maintain a highly functional body for the longest period of time. Dr. Know is a licensed Naturopathic physician and the recipient of several awards.

Available afterward at SMITHS PHARMACY booth 81 - 84 for questions.

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12:30 pm - 1:30 pm

VIBRATIONAL HEALING WITH RADIONICS

with Dr. Nicholas Ashfield, DC (Toronto, Ont)

This demonstration of the science of radionics will introduce you to the world of vibrational medicine. Energy blocks on the spiritual, mental, and emotional planes will be analyzed and treated with radionics, using



volunteers from the audience. Nicholas Ashfield is a practitioner and teacher of radionics.

Available afterward at **TORONTO HEALING ARTS CENTRE** booths 251,252.

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1:45 pm - 2:30pm

WHAT'S EATING YOU? ... SWINE FLU KUNG FU

with Evelyn Krpan

In memory of Dr. Hulda Clark who passed away on Sept. 3rd, 2009, Evelyn brings you back to the time tested basics of Clark's recommendations. These include the best strategies to avoid the Flu and other infections such as SARS, E. coli, Salmonella, Listeria, MRSA, and lately Campylobacter with its attendant diarrhea. Learn simple, practical, everyday methods to use in your own kitchen, bathroom, classroom, and even in restaurants to prevent food poisonings. We need old fashioned basic internal remedies back, and new methods of hygiene to survive these modern pestilences.

Evelyn will be at booth 203 throughout the weekend with Free Demo & allergy testing.

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2:45pm - 3:45pm

ELIMINATE GAS, BLOATING, INDIGESTION AND HEARTBURN NATURALLY

with Dino Halikas, ND

Health begins with good digestion. If you have heartburn, gas, bloating, fatigue, digestive pain or are gaining weight, find out what natural solutions there are to all the uncomfortable and embarrassing symptoms of poor digestion. Mr. Halikos will share with you his passion and knowledge of

good health that starts in the gut with the use of Probiotics, Enzymes, and bitter herbs. He is a medical biologist and a chartered Naturopath with 15 years experience in the natural health industry and a naturopathic practice in Drummondville, Quebec.

Available afterward at **FLORA MANUFACTURING AND DISTRIBUTION** booth 90 for questions.

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4 pm - 5 pm

THE ANCIENT MYSTERIES OF KABBALAH

with Abe Hardoon

The ancient wisdom of Kabbalah was presented to the world at the beginning of time. Kabbalah is the recipe of how to live a life of happiness and fulfillment, a life free of chaos, disease, and uncertainty. Kabbalah's wisdom enables us to be creative, loving, strong, and to control our own destiny. This lecture introduces some of the basic teachings of these ancient secrets.

Available afterward and throughout the weekend at **KABBALAH CENTRE TORONTO** booth 154 for questions.

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Stage Two



11:30 am - 12:15 pm

WHAT CAN FENG SHUI DO FOR YOU?

with Gayle Smith, FSRC

Let Certified Feng Shui Practitioner, Gayle Smith, help you understand the yin and yang of things. Learn how a wall can affect your health and personality, and how traffic flow can affect your income. Lecture will include instruction on how to calculate your own personality type based on the 5 Elements. Handouts include a 5-Element Chart, and a Flying Star 24 Mountain Template.

Available afterward and throughout the weekend for questions at **RIDING THE WIND FENG SHUI** booth 152.

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12:30 pm-1:15pm

KIRTAN MUSICAL PERFORMANCE AND CHANTING

with Bart Smit

In this experiential session Bart will teach breathing and prana leading into a musical performance and call and response chant (kirtan). According to different spiritual traditions, chanting nourishes the soul. Bart's chants are known to offer an experience of spiritual intimacy. Some participants

experience love and an opening of the heart. Bart Smit is a deep trance channeler and meditation teacher who has worked worldwide for 25 years.

Available afterward and throughout the weekend for questions at booth 245.

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1:30 pm - 2:15 pm
TAKING CONTROL OF YOUR HEALTH
with Jim Pappas

Overcoming health issues and achieving optimum health can be a daunting task. By investing a great deal of time, money, and energy in restoring his own health, Jim learned firsthand how confusing it can be trying to understand the sometimes conflicting messages from different health professionals. In this lecture, he shares his simple yet effective strategies that will help you conquer your personal health challenges. Discussion will include diet, nutrition, acid/alkaline balance, exercise, detoxification, supplements, and how to use natural health services wisely.

Available afterward for questions at HEAVEN FRESH CANADA INC booth 85.

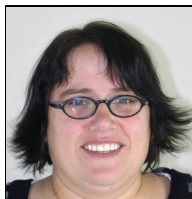
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2:30 pm - 3:15pm
COLOUR & SOUND THERAPY – MEDICINE OF THE FUTURE
with Mikki Fox

Discover the benefits of sound and colour healing. Learn how colour and sound therapy have originated in ancient times and why it is so critical today to incorporate these modalities in a therapeutic session. Mikki Fox has been practising Therapeutic Aesthetics for over 30 years. *Available afterward for questions at SERENITY INSTITUTE booth 123.*

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3:30 - 4:15 pm
BE A HEALTHY NATURAL WOMAN!
with Dr. Claude Gallant, Ph.D

Live your life to the fullest by maintaining your good health. As women, diseases or conditions we are most concerned with include osteoporosis, iron deficiency, premenstrual syndrome, urinary tract infections, yeast infections (Candida) and menopause. We will show you how you can both treat and prevent these with various vitamins, minerals, herbs and other natural remedies. All without the side effects of drugs. Remember, being proactive now means you can be more active and enjoy life later.

Available afterward and throughout the weekend at GLOBAL BOTANICAL booth 38, 39.

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4:30pm - 5:15
THE HEALING POWER OF MUSIC
with Michael Moon

Using music to heal is an ancient art and a modern science. In this talk and concert, internationally acclaimed recording artist Michael Moon will share some of the principles of using music as a healing tool he has discovered in his 20 year career as a composer and performer of healing music. Today, we will then have the special opportunity to experience some of Michael's 'aural alchemy.'

Available afterward at THE TEMPLE OF SOUND booth 235.

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Lecture Hall 206 EF



11am - 11:45 am
HIGH-LEVEL MICROWAVE TECHNOLOGY CONCERNS
with Dr. Andrew Michrowski, PhD

This lecture explores the links between wireless technologies and DNA modification in humans, animals, and plants. Learn about the role of wireless in accelerated population aging, degenerative disease, fertility problems, and electrohypersensitivity. Other impacts include accelerated corrosion of infrastructure (buildings, bridges, pipelines, nuclear power stations), and impacts on agriculture productivity (soil gravity, livestock issues). How are governments beginning to address these consequences? And how can you protect yourself?

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12:00 - 1pm

DOES WELLNESS DWELL IN YOUR MOUTH?

with Oksana Sawiak, DDS

Do you know when it is best not to get your teeth cleaned? What dental materials are healthier choices today? Do you really need a bite splint? What choices can you make in the dental office or in your home which will support your wellness and longevity? Dr. Sawiak will discuss common health pitfalls to avoid in a discussion of health issues – from bad breath to burning mouth, from braces to implants.

Available afterward for questions at INTEGRATIVE WELLNESS & DETOX CENTRE booth 130.

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1:15 - 2:15pm

LIVING WELL IN CHANGING TIMES

with Isis Ament and Elizabeth Tara

Despite advances in technology, health remains a challenge for many of us. We can send people to the moon, examine the sub-atomic nature of particles, and yet cannot eliminate the common cold. How can we possibly handle new viruses? What is the future of medicine? Discover and utilize your own healing gifts! In this session, we will shed light on this amazing process and provide insight and tips for healthy, holistic living in these challenging times. Everyone present will receive the gift of healing.

Available afterward for questions at ATLAN HEALING CENTRES booth 132.

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2:30pm - 3:30pm

HEALING THROUGH THE CHAKRAS

with Ravi Ratan, MSc., DSc (Medicina Alternativa Mumbai, India)

Chakras are the energy centers responsible for energy metabolism; and are the transfer points for our thoughts and emotions. They affect the physical functioning of our endocrine glands and vital organs. Chakra activity is affected by mental and emotional states; when they are balanced we feel maximum vitality, health and physical wellbeing. Daily stress can result in Chakra imbalances and physical and emotional disorders. Mr. Ratan explains how you can heal and balance Chakras with essential oils, crystals, energy work, yoga and meditation.

Available afterward and throughout the weekend at FM's AROMATHERAPY booth 186.

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3:45pm - 4:45pm

MEDITATION AND HEALING FOR INNER PEACE

with Naseer Ahmad, D.Sc

Do you want to experience a new type of meditation? Known as the Way of Atlan, it combines meditation with healing and leaves everyone with a feeling of peace. We all need this in our world of many changes. Mr. Ahmad, the author of Man from Atlan, has been teaching in Toronto since 1970. You are invited for meditation and further healing courses at his new centre in Etobicoke.

Available throughout the weekend for questions at MAN FROM ATLAN booth 174.

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5pm - 5:30
TBA

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