



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

Search this website

- Keynote Speaker 2010
- 2010 Exhibitors
- 2010 Speakers
- Special Features
- Show Hours
- Admission Prices
- Directions to Convention Centre
- Parking
- Public Transit
- Accessibility
- Contact Us
- Previous Years
- Speakers/Exhibitors
- Home

## Friday Speakers - November 26th, 2010

Lecture Hall 205    Lecture Hall 206    Stage One    Stage Two

### Lecture Hall 205



5:45 pm - 6:45 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 ten 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 afterward and throughout the weekend for questions at booth 128.

[Back to top](#)



7:00 pm – 8:00 pm  
**THE KEY TO HAPPINESS AND HORMONAL HARMONY**  
 with Julie Daniluk, R.H.N (Toronto, Ont)

Recent scientific discoveries have shown that hormones are responsible for the difference between the sexes. These hormonal influences help reveal the unique ways that each gender deals with stress. In this session, Julie explains how Superfoods can help reduce adrenal exhaustion and support healthy hormone function. She will share strategies that ensure ample production of the hormones our bodies need to feel connected and relaxed. Julie Daniluk hosts Healthy Gourmet, a reality cooking show that highlights the ongoing battle between taste and nutrition. A nutritionist and co-operative owner of The Big Carrot Natural Food Market, Julie answers

nutrition questions from viewers across Canada as the W Network's official online nutritionist. Julie's first book, Meals That Heal Inflammation, provides a roadmap on how to enjoy allergy-free foods that taste great and assist the body in the healing process.

Available afterward for questions and booksignings at SUPERHEALTH.CA booth 2.

[Back to top](#)

### Lecture Hall 206



6:00 pm - 7:00 pm  
**ALZHEIMER'S, DEMENTIA, AND MEMORY IMPROVEMENT BREAKTHROUGH**  
 with Dr. Thomas Janossy, DVSc, Medical Researcher (Toronto, Ont)

Recent scientific discoveries, supported by successful case studies in Europe, give us new hope in Alzheimer's and dementia treatment. The root cause of Alzheimer's and dementia can be traced back to toxic overload, especially mercury. The recently (re)discovered MCT oil has shown significant results, but is not enough on its own. Medical research points to the key role played by the brain's mitochondria in the development of Alzheimer's and dementia. For the first time in Canada, we are presenting the synergistic 'BrainClever' approach which recognizes the important role of detoxing heavy metals (StemDetox), providing anti-oxidants and fueling the mitochondria with energy through

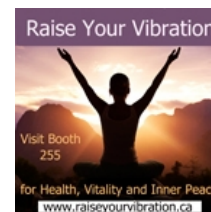
pathways independent from insulin and glucose (with MCT oil and Galactose). As well, the role of (adult) stem cells will be discussed.

Available afterward and throughout the weekend for questions at STEMEXPERTS.COM INC. booth 118.

[Back to top](#)



7:15 pm - 8:15 pm  
**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. We 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.*

---

[Back to top](#)

## Stage One



4:30 pm – 5:15 pm

### **THE INFINITE POWER OF MUSIC**

*with Robert Haig Coxon (Westmount, Quebec)*

Learn how to go beyond the limits of time and space. Discover the specific techniques that will help you take control of your life, find inner peace and the intimate connection to your soul. Robert draws on his many years as a composer and his research into the effects of sound on mind, body, and consciousness. Combined with years of metaphysical training, hands-on healing work and meditation practice, these concepts come alive in this seminar.

*Available afterward at RHC PRODUCTIONS booth 256 for questions.*

---

[Back to top](#)



5:30 pm – 6:15 pm

### **ASCENSION AND THE AKASHIC RECORDS**

*with Jennifer Longmore M.Ed*

The Akashic Records are the most sacred, powerful, multidimensional healing tool available to you. They help you clear lifetimes of patterns and blockages that prevent you from being all that you are and were meant to be so that you can live your most joyous and aligned path! Join Jennifer Longmore, Founder of the Soul Journeys® Method for Akashic Studies to learn how the Records can support you on your ascension journey through the New Paradigm.

*Available throughout the weekend at SOUL JOURNEYS booth 142.*

---

[Back to top](#)



6:30 pm - 7:15 pm

### **STRONG POSTURE FOR LIFE**

*with Marina Prospero (Toronto, Ont)*

Our team of posture specialists will cover the basics of strong posture in day to day life, as well as identify those activities that rapidly weaken posture. We will wrap the session with a full demonstration of the Perfectore Posture Perfecting System – how it functions as a tool for developing strong posture every day, and the mental and physical benefits of the system.

*Available afterward and throughout the weekend for questions at PERFECTORE INC. booth 104.*

---

[Back to top](#)



7:30 pm - 8:15 pm

### **HIMALAYAN GARLIC ~ EMPEROR OF HEALING HERBS**

*with Manmohan Nagpal (London, UK)*

Single Seed Himalayan Garlic can be rightly named as the Emperor of Healing Herbs. There is no other herb on earth that has 17 amino acids, 33 sulphuric compounds, more than 200 enzymes, and is a cure for endless diseases. Manmohan Nagpal will talk about the benefits of Himalayan Garlic, illustrating the difference between it and other forms of garlic. Also he will be highlighting the benefits of another sulphur

containing compound known as 'Heeng' Asafoetida.

*Available for questions afterward and throughout the weekend at HERBALVEDA booth 206.*

---

[Back to top](#)

## Stage Two



4:45 pm – 5:30 pm

### **HOW TO NOT TAKE ON OTHER PEOPLE'S ENERGY**

*with Juna Guetter*



Have you ever found yourself excited to start a new day and then by lights out you felt like you were run over by a truck? Do you go out of your way to avoid the annoying co-worker or do you have bursts of anger, sadness, or body pain that just seem to pop out of the blue? You might be taking on other people's energy and not even know it. So how can you be with other people's energy without losing YOU? With humour, stories, and practical tools, Juna will share information like you've never heard before about how not to take on other people's energy. Juna is a Certified Facilitator of Access Consciousness.

*Available afterward for questions at ACCESS CONSCIOUSNESS booth 129.*

[Back to top](#)

5:45 pm – 6:45 pm

#### **KIRTAN/MEDITATION DEMONSTRATION**

*with students of Yogini Mangala Anshumati*

Kirtan is a spiritual practice of joyful call-and-response singing, accompanied by musicians. No prior musical or meditation experience is required. Though many of our chants are in Sanskrit, we wish to honour all positive faiths and cultures by incorporating songs from a variety of traditions. We are dedicated to creating a space where all can share equally in the joy of chanting, and experience how this practice naturally leads to meditation.

*Available afterward for questions at HRIDAYA YOGA GROUP / GIFTS FROM THE EARTH booth 211.*

[Back to top](#)



7:00 pm – 8:00 pm

#### **THE DIVINE MISSION OF ANIMALS**

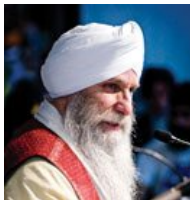
*Charlotte Szivak, Animal Communicator*

Ever wonder what your pet is saying? 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, 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.*

[Back to top](#)



8:15 pm – 8:45 pm

#### **MEDITATION AND THE INTUITIVE MIND**

*with Hari Nam Singh Khalsa*

In this interactive session, Hari Nam Singh Khalsa will teach meditations that will help you to uncover the resources of your intuitive mind. Your intuitive mind is separate from but connected to everything that is.

Through meditation your intuition begins to work accurately with your mental aspect to calculate the outcome of any action. You understand what to do and when to do it. As you move into this flow, your self-sensory awareness becomes more sophisticated. It not only tells you

about you, but it also tells you about me. Hari Nam Singh Khalsa is a trained Yogic Healer and Counsellor, who applies varied techniques and healing technologies that have helped many people to grow and change their lives.

*Available afterward and throughout the weekend at ANAND LOTUS HEALING CENTRE booth 238.*

[Back to top](#)





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

Search this website



Keynote Speaker  
2010

2010 Exhibitors

2010 Speakers

Special Features

Show Hours

Admission Prices

Directions to  
Convention Centre

Parking

Public Transit

Accessibility

Contact Us

Previous Years  
Speakers/Exhibitors

Home

## Saturday Speakers - November, 27th, 2010

Lecture Hall 205    Lecture Hall 203    Lecture Hall 206    Stage One    Stage Two

### Lecture Hall 205



11:30 am - 12:30 pm  
**ARE YOU IN PAIN, STRESSED OUT, OR CAN'T SLEEP?**  
with Brad King, MS, MFS (Vancouver, BC)

If so, you are not alone. In fact over 6 million Canadians suffer from chronic pain, one in three people world-wide suffer from sleep disorders, and excess stress effects almost every single one of us on a daily basis. Join nutritional expert Brad King as he explains how you can safely and naturally reduce or eliminate pain and stress from your life so that you can achieve the deep, restorative sleep required to repair and energize your body and mind.

Available afterward for questions at **PREFERRED NUTRITION** booth 87.

[Back to top](#)



12:45 pm - 1:45 pm  
**STRESS, ABDOMINAL FAT, AND INSOMNIA – THE PGX CONNECTION**  
with Dr. Kate Rhéaume, BSc, ND

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? Join Kate 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** booths 82 - 85.

[Back to top](#)



2:00 pm - 3:00 pm  
**MINERALS AND IMMORTALITY – THE IMPORTANT CONNECTION**  
with Dr. Joel Wallach BSc, DVM, ND (Chula Vista, California)

In this lecture, Dr. Wallach will teach you how to realize your full genetic potential for longevity. You will learn about present day cultures living well beyond the average age of the developed world and how you can adapt their secrets to your lifestyle. Discover the connection between mineral-deficient soils, anemic foods, and your health. Dr. Wallach will explain the importance of daily mineral supplementation for vibrant, healthy living, as well as the nutritional components missing from our diets, resulting in sickness and disease. Minerals are the "currency of life".

Available afterward and throughout the weekend for questions at **CANADIAN YOUNGevity** booth 240, 241.

[Back to top](#)





3:15 pm - 4:15 pm

**BANISH BLEMISHES NATURALLY – ACHIEVE CLEAR SKIN PERMANENTLY**

*with Kristen Ma, "Toronto's Best Facialist"*

Learn how to use diet, herbs, and natural skincare treatments to attain blemish-free beautiful skin. Acne is an expression of imbalance in the body. Using Ayurveda, Kristen will explain how to attain a clear complexion by balancing the body according to your organ deficiencies, environment, and life challenges. She will also teach you about skin biology and how to prevent break-outs through improving blood circulation and proper skin repair. Kristen is author of "Beauty: Pure + simple" and has been named "Best Facialist in the City" by Toronto Life magazine.

Available afterward at **PURE+SIMPLE** booth 91, 92 for questions.

[www.pureandsimple.ca](http://www.pureandsimple.ca)

[Back to top](#)



4:30 pm - 5:30 pm

**STABILIZED REACTIVE MOLECULES – THE BIGGEST DISCOVERY SINCE PENICILLIN?**

*with Michael Stern, BSc (Phoenix, Arizona)*

One of the great discoveries of the decade is that of Redox Signaling, a newly realized communication system that acts at the cellular level. Based on a group of molecules produced in every cell, but overlooked for 50 years, Redox Signaling alerts cells when damage occurs to trigger repair, and if that fails, alerts the immune system to replace the damaged cells. ASEA, which is highly patented, is the only product that has stabilized these native cell molecules and has just been released in Canada. Please attend the lecture and find out what that means to every

cell in the body. This is a "can't miss" lecture. Redox Signaling will change the course of healthcare for decades.

Available afterward for questions at **ASEA** booth 188.

[Back to top](#)



5:45 pm - 6:45 pm

**SUCCESS STORY ~ MY JOURNEY THROUGH LYME SYNDROME**

*with Juliette Jones, Ph.D (Warm Mineral Springs, Florida)*

In this session, Rev. Dr. Jones will take you along the path of her own successful recovery from chronic Lyme. She will recount the incredible challenges, how she faced them, and what she did personally to overcome "this most powerful and elusive condition." As a public speaker with 15 years experience as a professional hospice and palliative care chaplain, ten years as a Board Member and research examiner for a major urban hospital's Institutional Review Board, and a decade of private in-depth research in the fields of non-allopathic, integrative and energy research medicine, Rev. Dr. Jones occupies a most unique perceptual niche on the information and integration curve

which people must face today.

Available afterward for questions at **BIOTRONIX RESEARCH INSTRUMENTS** booth 204.

[Back to top](#)

## Lecture Hall 203



11:30am - 12:45pm

**APITHERAPY: HEALING WITH BEE PRODUCTS**

*with Oliver Couto, BAHons, C.E.T.*

Apitherapy has been called the queen of therapies because so many therapies are synthesized in Apitherapy. An example of each therapy – such as phytotherapy, homeopathy, colour therapy, aromatherapy, musical therapy – shall be given, along with an example of the bee products used in relation to that therapy as well as their relation to overall health. Free samples of bee products such as bee pollen, royal jelly in honey, and propolis will be given out.

Available for questions throughout the weekend at **THE BEE SHOP** booth 3.

---

[Back to top](#)



1:00pm - 2:00pm

**STRATEGIES FOR PREVENTING AND REVERSING  
DEGENERATIVE DISEASE**

*with Jerry Zeifman*

In this lecture, Jerry Zeifman will discuss the foundational raw materials that must be consumed in the right form, quality, and quantity to fuel optimal biochemistry. Find out which foods can help to reverse degeneration and aging, prevent metabolic syndrome, increase 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 for questions at ADVANTAGE HEALTH MATTERS booth 54,55.*

---

[Back to top](#)



2:15pm - 3:15pm

**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 Wisdom. Gaisheda Kheawok, Wisdom Teacher, Seer and Spiritual leader – 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 SCHOOL OF ENERGY MEDICINE booth 161.*

---

[Back to top](#)



3:30 - 4:30pm

**DISCOVER THE SACRED GEOMETRY OF THE HUMAN BODY**

*with Rev. Alicja Aratyn, M.Eng*

Since ancient Egyptian times, people have used geometric figures to achieve their goals. Sacred geometry teaches us how the universe has been created and still continues to unfold. These shapes can be found in nature as well as in the human body. How can we successfully use them to enhance our life performance, health, prosperity, and relationships? In this visual workshop, attendees will see and experience how sacred geometry influences our energy and how it can be applied in everyday life.

*Available afterward for questions at ALICJA CENTRE OF WELLBEING booth 191.*

---

[Back to top](#)



4:45pm - 5:45pm

**EMPOWER THE BUSINESS GODDESS IN YOU**

*with Sandra Moon Dancer, B.Sc., M.H.Sc.*

Are you ready to take your business to the next level? With laughter and joy, actualize your purpose and affirm yourself and an abundant, innovative, leading-edge manifestor! Learn practical, lasting tools, new belief systems and Tibetan feng-shui magic. Sandra Moon Dancer's teachings on "Money is My Friend" and "Empowering the Business Goddess" support hundreds of individuals. She is a shaman, Tibetan Buddhist White Lotus Master, and founder of Circlewisdom, an energy medicine centre in Toronto where soul's dreams are manifested.

Available for questions afterward and throughout the weekend at **CENTER OF CIRCLE WISDOM AND 360 HEALTH CARE booth 149.**

[www.360healthcare.com](http://www.360healthcare.com)

[Back to top](#)



6:00 - 7:00pm

**THE GUARDIAN OF MACHU PICCHU**

*with Kucho, Juan de Dios Garcia Gonzales*

Shaman Kucho was born and raised in Cusco and Machu Picchu, Peru. He has found the 19 hidden pathways inside the APU Mountains of Machu Picchu. Although these pathways have been blocked off from the general public, he is able to share with you the Wisdom and the Energy of Machu Picchu. As an Incan Shaman that does ceremonies with groups in North and South America, Kucho would also like to share the teachings of the White Crystal City and the Sacred Mama Coca (green energy of life) at this presentation for the first time in Canada.

Available afterward at **SHIATSU BY SHER ENERGY HEALING CENTRE booth 121, 122.**

For more information please visit: [www.shiatsubysheer.com/ShamanKucho.htm](http://www.shiatsubysheer.com/ShamanKucho.htm)

[Back to top](#)

## Lecture Hall 206



11:45 am - 12:45 pm

**THE COMPLETE INTEGRATIVE CANCER PROGRAM**

*with Ahmad Nasri, HD, BPCT, CBFS*

This lecture will discuss in detail the different available complementary cancer therapies and how they work to help overcome cancer. These include: IV Vitamin C, Autohemo Oxygenation, therapies, PolyMVA, Laetrile, Immune Therapies, Iscador, nutrition, and detoxification. Also discussed are advanced testing methods to identify which treatments are best to treat different types of cancer. Nasri, a Homeopathic Doctor, will also present a complete cancer holistic program successfully

implemented at his clinics in Ontario.

Available afterward and throughout the weekend for questions at **NASRI FUNCTIONAL MEDICINE CLINIC booth 177.**

[Back to top](#)



1:00 pm - 4:00 pm

**ALTERNATIVE MEDICINE TAKES ON CANCER – AND WINS**

*Workshop with Dr Nicholas Gonzalez (New York, NY)*

Dr. Gonzalez is a highly trained medical doctor who has devoted his life to treating cancer patients with non-toxic alternative protocols. At his clinic in New York, Dr. Gonzalez receives patients from all over the world who are desperately seeking a cure for their cancer, some of whom are in the advanced stages. And many of them are now in recovery. In this workshop, Dr. Gonzalez will discuss the physiology and biochemistry of dietary and nutritional individuality, showing that we all need diets designed for our specific metabolic needs, and emphasize that in terms of nutrition, one size clearly does not fit all. In the question and answer session that follows, he will help people understand how to create an individually tailored diet for disease prevention and reversal. (Note: This lecture is priced at \$40 before Nov.5 / \$50 after Nov. 5, and has limited seating.

Price includes access to Gonzalez workshop plus all other lectures and exhibits all weekend. \$1 off coupons do not apply here. Buy tickets online at [www.microspec.com/tix123/etic.cfm](http://www.microspec.com/tix123/etic.cfm) until Friday, Nov. 26, or at the door on Saturday, Nov. 27. At the door, tickets will be available on Saturday morning, 11 am to 1 pm, in the front lobby of the Metro Toronto Convention Centre, 255 Front St. West.)

Available afterward at **KOS Publishing booth 258 for questions and booksignings.**

For a more detailed description of this lecture, click on this link:  
[www.wholelifecanada.com/keynote.php](http://www.wholelifecanada.com/keynote.php)

For more information about Dr. Gonzalez, click on this link:  
[www.dr-gonzalez.com/index.htm](http://www.dr-gonzalez.com/index.htm)



---

[Back to top](#)

4:30 pm - 6:30 pm

**EXPERT PANEL ~ OPEN FORUM**

*with Dr. Zoltan Rona, MD; Bryce Wylde, RNC, HD; Julie Daniluk, RHN; Natasha Turner, ND; Bruce Krahn, Fitness Expert; Mike Hannalah, RPh, BSC Phm, FACA*

This panel of experts invites you to bring your most pressing questions and concerns about the world of natural health and alternative medicine to this two hour open forum. Together, these top professionals from a variety of disciplines are prepared to face your toughest questions and help you better utilize the healing power of natural medicine as they discuss the role that wholistic health can play in preventing and treating the most common health problems. This is a rare opportunity to interact with such an impressive gathering of experts.

*Available afterward at SMITH'S PHARMACY booth 82 - 85 for questions.*



---

[Back to top](#)



6:45 pm - 7:30 pm

**RAISE YOUR VIBRATION ~ THE KEY TO HEALTH AND VITALITY**  
*with Dawn James*

Dawn James, vibrational healer and author of "Raise Your Vibration, Transform Your Life", is a gifted teacher on the art of consciousness and 'stress-less' living. In this talk, Dawn will guide you through the connections between vibrational frequency, health, vitality, and life experiences. You will also learn one of the laws of vibration, and how this law is being applied to reverse disease in the body. We are vibrational beings – it's time to reclaim our birthright and remember how to raise our vibration.

*Available afterward and throughout the weekend for booksigning and questions at RAISE YOUR VIBRATION booth 255*

[www.raiseyourvibration.ca/index.php](http://www.raiseyourvibration.ca/index.php)

---

[Back to top](#)

**Stage One**



11:30 am - 12:30 pm

**ERASING EMOTIONAL TRAUMA**  
*with Paul LaFrance, Energy Practitioner*

This workshop will teach you to permanently release emotional trauma. It is simple, effective, and painless. With the help of visualization, you re-connect with the situation, and then Paul (using his unique spiritual gift) is able to completely remove the negative energetic pattern associated with that experience. Paul invites you to join, share, and experience emotional release in his first public healing seminar.

*Available throughout the weekend at UYIOSA FUNNEL OF ENERGY booth 99 for questions and healings.*

---

[Back to top](#)



12:45 pm - 1:45 pm

**NUTRITIONAL MEDICINE FOR PREVENTION AND TREATMENT OF DIABETES, ANXIETY, AND DEPRESSION**

*with Darko J. Prce, M.Sc. CNP RNCP ROHP*

Cancer, cardiovascular disease, diabetes, anxiety, depression, ADD; despite the best efforts of our medical system, these conditions are becoming epidemic in our society. Please join us for an in-depth look at





these conditions, focusing on their root causes rather than just managing symptoms with medications. Don't miss this exciting and informative opportunity to learn how to effectively prevent, reverse, and even cure many so-called "diseases" that plague our modern world. This exciting topic will be presented by Darko J. Prce, clinic director of Biosis Healthcare Center and one of the top nutritionists in the field, and faculty member at the Institute of Holistic Nutrition.

*NUTRITION booth 124.*

*Available afterward for questions at INSTITUTE OF HOLISTIC*

[Back to top](#)



2:00 pm - 3:00 pm

### **MIRACULOUS BENEFITS OF PHOTONIC STRUCTURED WATER**

*with Liala Epstein*

Sample and learn about water in its most natural and purest state: alkaline, instantly hydrating, rich with bio-photon energy (Life-Force), oxygen, hydrogen and healing frequencies – and free of the negative energy pattern of toxins. Discover the benefits which structured water has demonstrated for health, livestock and agriculture. The Photonic water structuring unit requires no electricity, additives, filters, magnets or maintenance and is endorsed by renowned scientists Drs. Fritz Albert Popp and Konstantin Korotkov.

*Available afterward for questions at EARTHCALM booth 48.*

[Back to top](#)



3:15 pm - 4:15 pm

### **WIN HEALTH AND LOSE WEIGHT WITH WADE'S AWESOME HEALTH FORMULA**

Join Wade Lighthart, founder of the Institute of Advanced Natural Health and Sciences, cofounder of Maximum Vital Power, and 3-time Canadian Body Building Champion. Learn the A.W.E.S.O.M.E. formula directly from the source. With a new understanding of Air, Water, Exercise, Sunlight, Optimizers (supplements), Mental Beliefs and Education, you can catapult your health into a new dimension. Wade will cover the tools necessary to improve the health and healing of your body through his AWESOME formula. He will also talk about vitamins, minerals, and a new Sprouted Brown Rice Protein that is changing the face of the fitness industry! Wade's formula is contained in his book

*"Vital Power."*

*Available afterward at RAW ELEMENTS INC booth 70 for questions*

[Back to top](#)



4:30 pm - 5:30 pm

### **HUNA HO'OPONOPO – THE SECRET OF SELF EMPOWERMENT**

*with Luciana Stan, Master and Trainer of Integrated Energy Therapy, NLP, TLT Huna*

Would you like to know the secret of having more peace in your heart? To be able to quiet your mind at will and be full of energy, secure, and free of stress? Huna – and the hoponopo is one powerful way of reconnecting with that Source inside of you. This is your opportunity to experience and learn the power of these long hidden Shamanic Hawaiian teachings of self empowerment. Now this information is being made available to everyone so that you can realize how powerful you are.

*Available afterward for questions at WHOLISTIC HEALING booth 112.*

[Back to top](#)



5:45 pm - 6:30 pm

### **CANCER SAVED MY LIFE**

*with Kim Malchuk, author of "Tasting Rain"*

We are all striving to live a healthier lifestyle by exercising, taking vitamins, eating nutritious meals, and getting the proper sleep. But what are we doing to ensure that our minds are healthy? It wasn't until cancer came into the life of Kim Malchuk, Winnipeg's best-selling author of Tasting Rain, that she learned firsthand how positive thoughts can change our overall health. Not only is it powerful .... it's life-changing.

Available afterward and throughout the weekend at TASTING RAIN booth 164B.

[www.tastingrain.com](http://www.tastingrain.com)

---

[Back to top](#)



6:45 pm - 7:30 pm

**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 103.

---

[Back to top](#)

## Stage Two



11:15 am - 12:00 pm

**HO SHIN ~ GOING BEYOND 2012 WITH REIKI**

*with Kathy Roseborough*

Through the template of Usui Reiki which focuses Love, Kathy channels Ho Shin Reiki which heals through dynamic dimensions of the Will and Mind. Learn how Ho Shin Reiki can accelerate alignment with your soul in preparation for the great energy shifts in 2012. Kathy will explain how, through the use of clothing from Reikiwear infused with Ho Shin Reiki, we are able to expand ourselves and receive a Reiki healing treatment and align with the Love principle within each of us. Discover how this advanced healing technique works with the original 12 Universal Laws of Creation. Through an active demonstration, everyone involved will enjoy a shift in awareness through energy meditation.

Available afterward for questions at REIKIWEAR booth 111.

---

[Back to top](#)



12:15 pm - 1:15 pm

**TAKING CONTROL OF YOUR HEALTH AND YOUR LIFE**

*with Jim Pappas*

Overcoming health issues and achieving optimum health can be a daunting task. By investing time, money, and energy into restoring his own health, Jim learned first-hand how confusing it can be trying to understand the sometimes conflicting messages from different health professionals. In this lecture, he shares simple yet effective strategies (physical, mental, emotional) that will help you conquer your personal health challenges. Discussion will include diet, nutrition, acid/alkaline balance, exercise, detoxification, supplements, selecting natural health services and overcoming mental and emotional challenges.

Available afterwards for questions at HEAVEN FRESH CANADA booth 210.

---

[Back to top](#)



1:30 pm - 2:30 pm

**WOMEN AND IRON**

*with Dr. Claude Gallant, PhD and Joel Thuna, Master Herbalist*

Ever feel run down and tired? Is it a constant issue? Have trouble thinking or concentrating? There is a good chance you have iron issues. Lack of iron is one of the most widespread nutritional deficiencies, especially in women. It can lead to fainting, paleness, lethargy, sleep issues, difficulty focusing, low energy and bleeding. Dr. Gallant and Joel Thuna will walk you through some easy ways to normalize your iron levels without digestive upset or constipation. Join them for an informative discussion and free samples.

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

---

[Back to top](#)

2:45 pm - 3:45 pm

**GET INTO THE FLOW OF LIFE WITH QI**

*with Master Teresa Yeung*

Qi gong is the base of Chinese medicine, Acupuncture, Kung Fu, Tai Chi, and Reflexology. Feel the Qi – your vital force energy – with generational Master Teresa who will send Qi to everyone attending. Release your stress with us!

*Available afterward and throughout the weekend at WU & YEUNG QI GONG INSTITUTE booth 135.*

---

[Back to top](#)

4:00 pm - 5:15 pm

**GLUTEN-FREE LIVING MADE EASY**

*with Victoria Yeh*

Where do I start? This workshop is for anyone struggling to adapt to restrictions on some of today's most common foods – wheat, gluten, dairy, and refined sugar. You may think the challenge is daunting, but this workshop will teach you easy ways to make successful substitutions in any recipe to meet your unique needs. We'll also discuss how to recognize and avoid cross-contamination, how to manage your time effectively in the kitchen, and how to incorporate your diet into a simple new way of life.

*Available throughout the weekend for questions at GLUTEN-FREE TORONTO booth 23.*

---

[Back to top](#)

5:30 pm – 6:15 pm

**MAHA MANTRA – TRANSCENDENTAL VIBRATION**

Join the Iskcon Hare Krishna temple group as they chant the transcendental vibration .... Hare Krishna, Hare Krishna, Krishna Krishna, Hare Hare, Hare Rama, Hare Rama, Rama Rama, Hare Hare. This is known as the "sublime method of reviving our transcendental consciousness".

*Available afterward at the ISKCON TEMPLE booth 14.*

---

[Back to top](#)

6:30 pm - 7:15 pm

**GOOD NEWS: HEALTH CANADA ENDS DENIAL OF LYME EPIDEMIC**

*with Evelyn Krpan*

Our government has now acknowledged the reality of Lyme disease, known as the 'great imitator' because of its variety of symptoms which can masquerade as MS, rheumatoid arthritis, fibromyalgia, lupus, and more. In this talk, Evelyn will bring you Dr. Hulda Clark's tried and tested methods for handling the Lyme parasite, and discuss the pros and cons of various healing modalities being used.

*Available afterward and throughout the weekend at booth 203 for questions and discussion.*

---

[Back to top](#)



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

Search this website



Keynote Speaker  
2010

2010 Exhibitors

2010 Speakers

Special Features

Show Hours

Admission Prices

Directions to  
Convention Centre

Parking

Public Transit

Accessibility

Contact Us

Previous Years  
Speakers/Exhibitors

Home

## Sunday Speakers - November 28th, 2010

Lecture Hall 205    Lecture Hall 206 ABCD    Lecture Hall 206 EF    Stage One    Stage Two

### Lecture Hall 205



11:00 am - 12:00 pm

#### SPIRITUAL WISDOM ON HEALTH AND HEALING

with Janet Matthews and Alana Hewitt

This talk addresses an awareness of health and healing that is of utmost importance if you are seeking a vibrant and meaningful life. We will be discussing healing in its most subtle dimension as it applies to all levels of your being: physical, mental, and spiritual. Janet and Alana will show you how to have unique and profoundly personal experiences of divine presence and guidance through the practice of a few simple visualization exercises. These techniques are for people of all faiths, and can be used by anyone seeking a more conscious awareness of the healing potential that comes from recognizing the role of the divine spirit in their lives.

Available afterward at ECKANKAR booth 170 for questions.



[Back to top](#)



12:15 pm - 1:15 pm

#### BIO-PHOTONIC LYMPHATIC DRAINAGE – A NEW PARADIGM IN HEALTH CARE

with Dr. Tapzyana Thomas, PhD, BMS, MCL (Sedona, Arizona)

The Lymphatic System is the building block of the immune system, providing oxygen and nutrients to our cells while removing excess fluid, cellular debris, toxins and poisons from the space between cells. Environmental, nutritional, and emotional factors create blood protein blockages around cells that cause pain, loss of energy, disease and death at the cellular level. Research has concluded that all disease is caused by blockages in the Lymphatic system. Dr. Thomas will discuss the importance of a healthy Lymphatic System to our well being and the effectiveness of Bio-Photonic LED technology to remove blood protein blockages, promoting a strong immune system and an environment for optimal health.

effectiveness of Bio-Photonic LED technology to remove blood protein blockages, promoting a strong immune system and an environment for optimal health.

Available afterward and throughout the weekend at BELD WELLNESS INSTITUTE booth 150 for questions.

[Back to top](#)



1:30 pm - 2:30 pm

#### CLEANSING AND DETOXIFICATION FOR YOUR BEST HEALTH

with Caroline Farquhar, RHN, BA

In today's toxic world, we are all looking for ways to improve our health







and keep our energy up. The effects of toxins, processed foods, and high stress take a toll on us. Slowly, but surely, our energy declines and our bodies begin to deteriorate. We can take charge of our health and reverse the damage that is being done. Registered Holistic Nutritionist, Caroline Farquhar will discuss how to have great health, regardless of your age.

Available afterward at HOOPER'S PHARMACY booth 57-64 for questions.

[Back to top](#)



2:45 pm - 3:45 pm

#### **TREATING CHOLESTEROL, BLOOD PRESSURE, AND HEART DISEASE NATURALLY**

with Elie Klein, ND

A 2009 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 SMITH'S PHARMACY booth 82 - 85.

[Back to top](#)



4:00 pm - 5:00 pm

#### **CLEANSE AND DETOXYFY YOUR BODY FOR OPTIMAL HEALTH**

with Benjamin Stone and John Jacobs

This lecture will take you through the statistics and sources of toxins, healthy eating and supplementation for nourishing the cells, cleansing and detoxifying the body, and the powerfully proven technology of ionic foot baths and ionizing / alkalizing

water systems. John Jacobs is President - HL4Y - Detoxification Specialist through Ionic Foot Baths. Benjamin Stone is a Hippocrates Health Educator, Certified Plant-based Nutrition

Available afterward and throughout the weekend at RawNatural's booth 32 for questions.

[Back to top](#)

### **Lecture Hall 206 ABCD**



11:15 am - 12:15 pm

#### **A GIFT FOR THE HEART**

with Dr Brian Clement, PhD, LNC

With all the war and disease in our world, it makes one wonder what has happened to the heart of humankind. But each one of us can be the solution. If you only change one thing in your diet, what a difference it will make to your body. Switch to salad greens for lunch instead of burger and fries; eat sprouts and vegetables for dinner instead of chicken and dumplings; drink green tea instead of soda. If you only do this one or two days a week it will give your heart a jump-start. And start today by telling your family and friends how much you love them, show them by eating well, exercising, and reading mind-expanding literature. It is not too late to change your body, mind and spirit by putting your heart and soul into

making your life so

Available for questions afterward at HIPPOCRATES HEALTH INSTITUTE booth 115.

[Back to top](#)



12:30 pm - 1:30 pm

#### **HEALTHY SNACKS FOR KIDS AND ADULTS**

with Andrea Donsky, RHN and Randy Boyer (Toronto, Ont)

There is a definite connection between what we eat and how the body



and mind responds to it. Eating a whole foods diet is a great way to maintain healthy blood sugar levels, and a healthy mind, which is vital at all times. There are a plethora of healthy snacks available to us which are easy to prepare and taste great, for our children and ourselves. Join Andrea Donsky and Randy Boyer to learn hands-on how to snack healthily and for practical ideas the whole family will enjoy!

Available afterward for questions at CANADIAN SCHOOL OF NATURAL NUTRITION booth 75.

---

[Back to top](#)



1:45 pm - 2:45 pm

**THE ROLE OF THE MOUTH IN OVERALL WELL BEING**  
*with Dr. Dana Colson, DDS (Toronto, Ont.)*

Dr. Dana Colson, dentist, author, broadcaster, relief-aid worker, and popular speaker will provide an informative and entertaining presentation about the role of the mouth in achieving wellness. When the health of the mouth is optimized, exciting changes can occur in our wellness quotient. This is a look at heavy metal toxicity and protocols to remove silver mercury restorations, as well as tooth remineralization, and neuromuscular development including the airway and snoring. She will also discuss the mouth/heart connection and the psychological power of creating and celebrating a great smile.

Available afterward at DR. DANA COLSON booth 119, 120.

---

[Back to top](#)



3:00 pm - 5:00 pm

**IN DEFENCE OF HEALTH FREEDOM – THE IMPACT OF NHP REGULATIONS, BILL C-36 AND THE CHARTER OF HEALTH FREEDOM**

*with Shawn Buckley, constitutional and criminal lawyer; president of the Natural Health Products Protection Association*

Come and hear about the latest developments threatening to end the natural health industry as we have known it. Shawn Buckley is one of a rare few lawyers with the expertise to explain the laws that could extinguish our freedom to choose vitamin, mineral, herbal and traditional natural health products. He is lecturing across Canada to engage every natural health advocate and industry stakeholder to stand up for their rights. This concerns the flawed policies imposed on us by Health Canada. Our government's approach has already led to the restriction of tens of thousands of natural health products. Learn about Bill C-36, with real life examples and actual cases that evidence how our constitutional rights are also being eroded. Shawn will present the solution he has initiated, which has to date been accepted by almost 55,000 Canadians; it's called The Charter of Health Freedom. Hear Shawn's lecture and be exposed to the facts; then learn how you can engage with the NHPPA and change the future of the natural health community in Canada, permanently.

This session will be followed by an open forum where the public can bring their questions and concerns to this lawyer who is on the cutting edge of defending our health freedoms.

Shawn is available for questions afterward at THE HERB WORKS booth 76.

---

[Back to top](#)

## Lecture Hall 206 EF



11:00 am - 11:45 am

**WIRELESS TECHNOLOGY CONCERNS**  
*with Dr. Andrew Michrowski, PhD (Ottawa, Ont)*

The spectacular rise in wireless technologies and their use also generates greater details about the effects of exposure to microwaves on humans, animals, plants, buildings and even soils. More government and judiciary interventions arise while analysts consider the costs to the world economy of the effects.

Available afterward for questions at PLANETARY ASSN FOR CLEAN ENERGY booth 247.

[www.essentia.ca](http://www.essentia.ca)

---

[Back to top](#)



12:00 pm - 1:00 pm

**MAJOR DISCOVERY – A NON-DRUG WAY TO RESOLVE ADD/ADHD**  
with Tom Stone (Carlsbad, Calif.)

One of the primary causes of ADD/ADHD is the inherited residual influence of Tuberculosis. A new non-drug, non-invasive technology can remove this influence in 20 minutes with only one treatment! If you sometimes have to re-read paragraphs to get the meaning, come see how the WaveMaker can wipe out mental confusion, anxiety, and attention deficit problems – just like running anti-virus software on all of the trillions of cells of the body. It's like magic!

Available afterward for questions at GREAT LIFE TECHNOLOGIES booth 181.

---

[Back to top](#)

1:15 pm - 2:15 pm

**THE MAGICAL CHAKRA OF MANIFESTATION**  
with Isis Ament and Elizabeth Tara

Healing in the Way of Atlan is an ancient powerful healing modality that enables you to heal and become your authentic self, attracting to your life the right conditions necessary for your growth and development. Journeying through the body's energy centres (chakras), you can access, explore, and create the optimum conditions for your life. The Green-Gold chakra of manifestation is critical to creating a magical life filled with good health, loving relationships, direction and joy. Join us and discover where this chakra is located and how you can successfully utilize its power to the fullest extent. Everyone present will receive the gift of healing.

Available afterward for questions at ATLAN HEALING CENTRES booth 141.



---

[Back to top](#)



2:30 pm - 3:30 pm

**CHAKRAS AND PSYCHOSOMATIC HEALTH**  
with Ravi Ratan, MSc., DSc (Mumbai, India)

Chakras, the energy centers of the body, are affected by our mental emotional state. The effect on different chakras shows differently at physical and physiological levels; for example emotional blockages affect the Sacral Chakra, the Lymphatics (leading to a range of health issues), and sexuality. Feelings of anguish, trauma and hurt affect the heart chakra; while stressed and confused states debilitate the Third eye chakra. In this lecture, Dr. Ratan will guide you in various Chakra balancing techniques.

Available afterward and throughout the weekend at FM's AROMATHERAPY booth 207.

---

[Back to top](#)



3:45 pm - 4:45 pm

**HENNA – THE KEY TO NONTOXIC HAIR COLOUR**  
with Khadija Dawn Carryl (Elkridge, Maryland)

This is a hands-on introduction to using henna and natural herbs to dye your hair and maintain it naturally. We will focus on dyeing grey and working with your natural hair tones. Also covered - the benefits of using herbs to strengthen and condition, add shine, and promote hair growth. This presentation will show you how easy it can be to care for your hair naturally, right in your own home.

Available afterward and throughout the weekend for questions at HENNA SOOQ booth 93.

[www.hennasooq.ca](http://www.hennasooq.ca)

---

[Back to top](#)

5:00 pm - 5:30 pm

**MAGIC OF REFLEXOLOGY**

*with Mary-Kay Perris, BA, CR, CT, MNLP*

Reflexology is a magical therapy that can assist you with a variety of health challenges, including constipation, headaches, sinus congestion, back pain, and immune boosting. Fascinate your family and friends by helping them with the knowledge that you will receive today – let them feel the power of this reflex therapy,

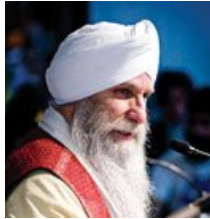
demonstrated by you!

*Available afterward at REFLEXOLOGY ASSN OF CANADA booth 143,144*

---

[Back to top](#)

## Stage One



10:15 am – 11:00 am

**MEDITATION FOR PROSPERITY AND ABUNDANCE**

*with Hari Nam Singh Khalsa*

Prosperity doesn't mean that you have wealth, health, and happiness. The best way to explain prosperity is that when a rosebud flower opens up, it has its fragrance. When one is prosperous, there is that fragrance of security, grace, depth, character, and truthfulness, which that person can share. Like a candle emits light, a prosperous human emits prosperity. Hari Nam Singh Khalsa will share meditations for radiance and abundance. Hari Nam Singh Khalsa is a trained Yogic Healer and

Counsellor, who applies varied techniques and healing technologies that have helped many people to grow and change their lives.

*Available afterward and throughout the weekend at ANAND LOTUS HEALING CENTRE booth 238.*

---

[Back to top](#)

11:15 am - 12:15 pm

**REVERSING NEAR-SIGHTEDNESS**

*with John Yee, M.A, R.O, CPA*

Ortho C can reverse nearsightedness quickly and safely, and without the healing period of laser surgery. The curvature of the cornea is not altered. Unlike other methods on the market, Ortho C does not tamper with the shape of the cornea. Instead, it relaxes the muscles within the eye, including the ciliary muscles, the oblique muscles, and the rectus muscles. We specialize in treating youths 7 to 16 years of age with refractive errors from -0.25 diopter to -2.50 diopters.

*Available afterward for questions at booth 134B.*

---

[Back to top](#)

12:30 pm - 1:30 pm

**POLARITY THERAPY ~ LEARN AN IMMUNE BOOSTING PROTOCOL**

*with Victoria Lorient-Faibish MEd, CCC, RPP, Holistic Psychotherapist and Polarity Practitioner*

Join Victoria as she teaches a fundamental experiential protocol to boost the immune system and to help cope with the upcoming 'flu season. Use this to assist the body, mind and spirit with stress, viruses, pollutants and emotional upsets that compromise the immune system and our ability to fight off disease.

*Available afterward for questions at ONTARIO POLARITY THERAPY ASSOCIATION booth #106.*

---

[Back to top](#)

1:45 pm - 2:30 pm

**CHANGE YOUR THOUGHTS TO CURE ILLNESS**

*with Bob Imai and Derek Moline*

No one wants to become ill. But large hospitals are as busy as supermarkets. In truth, our subconscious is seeking illness, even though our conscious mind is not. Illnesses are formed when our mind weakens. The body and mind are closely related with each other, and illnesses are caused by negative thoughts. In order to recover from illness we must undertake to banish negative thoughts and focus on the positive. Most





undertake to banish negative thoughts and focus on the positive. Most positive thought is "love that gives."

Available afterward for questions at HAPPY SCIENCE booth 157.

---

[Back to top](#)



4:00 pm - 5:00 pm

**HOLISTIC HEALING WITH THE ASCENDED MASTERS**

*with Craig Nicholson*

Our health is the end result of our past thoughts, feelings, and physical care. The Ascended Masters (and Lady Masters) see us as we really are, as amazing holistic beings stuck in our own self limitations, karma and worldly environment. Come and share in their ancient and modern wisdom. Get practical and spiritual tools for holistic health. Find out how to balance your life and tap in to the energy that is the core of all healing.

Available afterward for questions at TORONTO TEACHING CENTRE booth 175.

---

[Back to top](#)

2:45 pm - 3:45 pm

**YOUNG LIVING ESSENTIAL OILS AND NINGXIA RED**

*with Steve Rockwell, host of 'Call of the Minaret' on Vision TV*

Why are they called essential oils? Come and learn about the importance of essential oils and Ningxia Red to overall health and wellness, and how you will benefit from everyday use. Steve will discuss the importance of the type of plant used in creating essential oils along with methods of preparation, purity and potency. He will also cover the legendary benefits of Ningxia Red.

Available afterward for questions at YOUNG LIVING ESSENTIAL OILS booth 172.

---

[Back to top](#)



5:15 pm - 5:45 pm

**SHIFTING CONSCIOUSNESS**

*with Abe Hardoon*

Elevating our consciousness is by far the most powerful tool for personal growth, fulfillment, and success in all areas of our life. The root of all personal growth is through consciousness, and by expanding consciousness, we can see a bigger picture, have more certainty, and remove fear. We become more self-assured and powerful. This lecture will demonstrate the ability that we have within ourselves to move forward in all areas of our life.

Available throughout the weekend at KABBALAH CENTRE TORONTO booth 158 for questions.

---

[Back to top](#)

## Stage Two



10:30 am - 11:15 am

**VIBRATIONAL HEALING WITH RADIONICS**

*with Dr. Nicholas Ashfield, DC*

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.

---

[Back to top](#)



11:30 am - 12:15 pm

**THE SYMBIOTIC DIET – SUSTAINABLE FAT LOSS STARTS IN THE BRAIN**

*with Bill Downs, Nutritional Biochemist (Philadelphia, PA)*

This is a breakthrough in natural, sustainable fat loss. It is proven to improve brain function and enhance optimal health. The genes then allow significant and sustainable changes in body composition. It elevates mood so you feel great while you lose the weight. The Symbiotic Diet™ is backed by 40 years of research and 20 clinical studies. Bill has 20 years of expertise in diet, digestion, nutrition science, and biological chemistry. He has unsurpassed knowledge of

how nutrients help the body heal. Bill partnered with Dr. Kenneth Blum in the clinical research for the formula in The Symbiotic Diet™. Dr. Blum discovered the genes responsible for all addictive behaviors and is considered the Father of Nutrigenomics and Psychiatric Genetics. Bill has lectured worldwide and is a published author.

Available afterward for questions at LIVE THE SOURCE booth 73B.

---

[Back to top](#)



12:30 pm - 1:15 pm

**PROGENERATES - TAKING YOU BEYOND ANTIOXIDANTS**

with Ryan Foley, BSc

Come and learn about a new class of natural products that are conditionally essential due to their ability to increase the natural DNA repair process in the body. Antioxidants are missing this critical benefit, and although they can neutralize free radicals they cannot correct cellular DNA aging when antioxidants are not enough.

Available afterward and throughout the weekend at NUVO HEALTH SCIENCES INC booth 88.

---

[Back to top](#)



1:30 pm - 2:15 pm

**NURTURE YOUR SKIN WITH AFRICAN SHEA BUTTER**

with Lanré Tunji-Ajayi

With so many variations of shea butter, from refined to unrefined, natural to organic, the consumer can be confused about just what is good for them. Lanre, a celebrated health writer, will bring you the truth about shea butter and just what is needed for your family's skin health. At this presentation, you will receive a free sample of shea butter as well!

Available afterward for questions at ALL NATURALS INC booth 148.

[www.allnaturalscosmetics.ca](http://www.allnaturalscosmetics.ca)

---

[Back to top](#)



2:30 pm - 3:15 pm

**NOURISH YOURSELF WITH WHOLE FOOD SUPPLEMENTS**

with Peter V. Quenter, DHM, CH, CN, CI

Eating whole and organic foods from local farmers is an important lifestyle choice. Adding whole food, plant-based supplements to your busy life gives bioavailable nutrients for vibrant health and energy. Join Peter as he explains the body's ability to absorb nutrients and nourish itself when given whole foods and whole food supplements.

Available afterward for questions at FLORA MFG, booth 90.

---

[Back to top](#)

3:30 pm - 4:15 pm

**BUILDING YOUR IMMUNE SYSTEM**

with Dr. Claude Gallant Ph.D, and Joel Thuna, Master Herbalist

Are you looking to boost your immune system so that you can thrive during cold and 'flu season this year? What if there were simple, easy things you could do each day to build up your defences? Get in better shape to fight off bacterial and viral infections, naturally. Dr. Gallant and Joel Thuna will walk you through diet and natural supplement strategies that can give you the edge when battling Old Man Winter's nasty bite.

Available afterward at GLOBAL BOTANICAL booth 38, 39.

---

[Back to top](#)



4:30 pm - 5:15 pm

**BE A GREEN BEAUTY – CHOOSE ORGANIC SKIN CARE**

with Bill Baker and Mary Futher

Being a "green beauty" is not only about the environment; it's also about your health. Choosing organic, natural skin care will not only make you look better, it will make you feel better. Come and hear Bill and Mary talk about their personal stories of how natural skin care improved their skin, turned back the clock, and motivated them to start their companies and evangelize for healthier choices.



*Available afterward and throughout the weekend for questions and product demos at CONSONANT SKINCARE booth 113.*

---

[Back to top](#)