



COMPLIMENTARY 3-DAY VACATION
VOUCHERS FOR FIRST 100 PURCHASERS
BOOTH 149

SEE OUR SPECIALS.
PRIZES TO BE WON DAILY!

November 25, 26, 27 2011 • Metro Toronto Convention Centre

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Friday Speakers - November 25th, 2011

Stage One

Lecture Hall 205

Stage Two

Stage One

6:00 pm - 8:00 pm
**LIVE BROADCAST OF
"WYLDE ON HEALTH"**

CP24's highly acclaimed talk show "Wylde on Health" will be broadcast LIVE on location at the Whole Life Expo, brought to you by Smith's Pharmacy and Vitality Magazine. For this special event, "Wylde on Health" is pleased to feature renowned experts including Mike Hannalah BSc. Pharm., Dr. John Gannage MD, Julie Daniluk RHN, John Dempster ND, Dr. Zoltan Rona MD, Dr. Craig Hudson MD, Sam Graci MSc, and Bruce Krahn (Fitness Expert) who will all speak to the latest and best products and services in the world of holistic health. The show airs live at 7:00 pm on CP24 and will deliver a fast paced wealth of information. To be a part of the studio audience and get a chance to ask your question live at this special broadcast, purchase a \$25 VIP PASS at the ticket desk in front lobby of the Metro Toronto Convention Centre. To have your say via twitter, our tweet question that night will be "What new holistic healthcare product do YOU use and swear by!?" Tweet us @WyldeonHealth and copy @CP24.

NOTE: Limited seating available. No admission to studio audience after 6:00 pm. (Stage Director: Bonnie Black)



DENTAL WELLNESS

DENTISTRY DOWNTOWN
977-8871

DowntownDentistry.com
Visit us at booth # 113

Booth #94

SOUND REIKI INSTITUTE

Exploring the Art and Science of Sound Healing

www.SoundReikiInstitute.com

BIOTRONIX RESEARCH INSTRUMENTS

CLICK HERE for website or call us at 905 . 653 . 5600

Lotus Heart Centre

B & B
Yoga, Meditation, Wellness

Visit us at Booth #70
Please ask about our special show offer for your Retreat!

www.lotusheartcentre.ca

Lecture Hall 205



5:45 pm - 6:45 pm
NOT HAPPY? NOT HEALTHY!
with Mark Laham, CH

Join Mark Laham, inspirational speaker, Mindbody Coach, and internationally recognized yoga teacher as he leads you through an eye opening discussion on the link between how you feel on a regular basis and your overall health and well being. We know that there is no separation between mind and body. If your body is not feeling good then your mind does not feel good. One must take care of all five key areas of health: Nutrition, Vitamins, Exercise, Attitude, and Sleep. Although many people are beginning to take better care of their body, the mind or attitude component is often overlooked when it comes to overall well-being.

Come find out why "if you are not happy you are not healthy", and get the tools to start living a healthier happier life right now.

Available afterward for questions at TRUESTAR HEALTH, booths 130 & 131.

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7:00 pm – 8:00 pm

CLINICALLY STUDIED IMMUNE BOOSTERS

with Dr. Gaetano Morello, B.Sc., N.D.

Although there are dozens of cold and flu natural medicines on the market, few are backed by consistent double blind placebo studies. In this seminar, find out why a special extract of Pelargonium sidoides, with over 21 double blinded placebo studies, is the practitioners' product of choice when it comes to upper respiratory tract infections. Even the Journal of Family Practice has endorsed Pelargonium sidoides to speed recovery when it comes to flu's and colds.

Available afterward for questions at SMITH'S PHARMACY, booths 183-196 & 197-200.



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Stage Two



4:45 pm – 5:45 pm

HOW TO NOT TAKE ON OTHER PEOPLE'S ENERGIES

with Sabine Hildebrandt, C.F.M.W.

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 energies without losing YOU? With humour, stories, and practical tools, Sabine will share information about how not to take on other people's energy. Sabine is a Certified Facilitator of Access Consciousness.

Available afterward for questions at ACCESS CONSCIOUSNESS, booth 121.

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6:00 pm – 6:45 pm

ALCHEMY: MEDICINE SONGS FOR THE EARTH TRIBE

Sacred sound and song carry us wherever we are in the world, celebrating the Earth tribe and our transformative connection to sound and wellness. The Whispering Songsters are composed of drummers from various spiritual traditions, coming together to share One Heart, one Harmony, and one Purpose. The Songsters have accompanied Medicine Person Gaisheda Kheawok around the world, sharing this powerful Medicine as a blessing for all. Come, open to the wisdom of the heartbeat and embrace the alchemy of sound.

Available afterward for questions at ARC booth 160.



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7:00 pm – 7:45 pm



1:00 pm – 1:45 pm

THE DIVINE MISSION OF ANIMALS

Charlotte Szivak, Animal Communicator (Hamilton, Ont.)

Be amazed by some of the hilarious adventures Charlotte has had while talking with animals. Explore through meditation techniques how the language of light will infuse a deeper connection and understanding with your companions. Together, elevate your healing abilities, overcome communication breakdown, and open your heart to infinite possibilities. Charlotte is the producer/host of the radio show "Goddess Alchemy: Divine Magic," and a spokesperson for the HBSPCA.

Available afterward and throughout the weekend at booth 83.

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Saturday Speakers - November, 26th, 2011

Stage One Lecture Hall 205 Lecture Hall 104 Lecture Hall 206 Stage Two

Stage One



11:45 am - 12:45 pm
IODINE EXPOSED
with John Koveos, BSc

Iodine is the mineral with hundreds of biological functions. Learn the major role that iodine plays in the cascade of chemical reactions and its importance to human health. This vital nutrient is virtually lost in our food, and our health pays the price. Obesity, stress, digestive disorders, and fatigue are just some of the symptoms of iodine deficiency. This lecture will explain how important iodine is to our health. Learn about how much iodine to take and what is the safest form to benefit you and your family's health.

Available afterward for questions at HOOPER'S PHARMACY, booth

186-197.

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1:00 pm - 1:45 pm
HEALING DIABETES ~ THE QI GONG WAY
with Coach William Power

Coach William will share his story of how he put his Type II diabetes into remission using Chinese Medical QiGong and 'dancing through life with LoveQi™', along with a balanced diet. At the age of 29 he discovered he had diabetes. Over the next 10 years he used conventional medicines but experienced serious side effects. At 39 he discovered Medical Qi Gong. Rebuilding his life from the inside out, he lost 60 pounds, grew his hair back, and now at 51 is feeling younger than he did at 39. Join William for an informative talk and demonstration.

Available afterward and throughout the weekend at WU & YEUNG QI GONG WELLNESS INSTITUTE, booth 135 & 136.



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2:00 pm - 2:45 pm
YEAR ROUND KITCHEN GARDENING
with Steve Meyerowitz (Barrington, MA)

Lower your food bill, raise your nutrition with 'Sproutman' Steve as he shows you how to achieve food independence. The author of Wheatgrass: Nature's Finest Medicine and Juice Fasting and Detoxification demonstrates how simple it is to add living foods to your diet anytime of year. Find out how to incorporate micro-greens and save thousands per year on your food bill. Get the science and nutrition that gives these foods their healing potential for cancer, diabetes, heart disease, and more.

Available afterward for questions and booksigning at UPAYA NATURALS, booths 210 & 211

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3:00 pm - 3:45 pm

CLEANSING WITH WHOLE HERBS AND WHOLE FOODS

with Peter Vernon Quenter DHM (pract), CH, CN, CI

Cleansing is something your body does every day all on its own. Eating whole organic foods from local farmers can improve this daily detox that your body provides. Adding whole herb decoctions, which are easy to use with a busy lifestyle, provides bioavailable nutrients for vibrant health and energy. Join Peter as he shares the story of the body's ability to cleanse and nourish itself when given the right ingredients.

Available afterward for questions at FLORA MANUFACTURING booth 216.



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4:00 pm - 4:45 pm

ANTI-AGING EFFECTS OF WILD CHAGA, BIRCH BARK, WILD BERRIES, WILD GREENS

with Dr. Cass Ingram, D.O (Chicago, Ill.)

In the northern forests of Canada are found powerful medicines of nature which everyone can use for better health. Research shows that wild chaga mushroom helps reverse arthritis, diabetes, heart disease, cancer, prostate disorders, and more. Wild green extracts are ideal for cleansing the liver, gallbladder and skin. Birch bark reduces obesity and high cholesterol. Wild berries help reverse circulatory disorders, eye diseases, varicose veins, and cancer. Find out how to use wild forest cures to stay healthy forever.

Available afterward for questions at THE HEALTHY PLANET, booth 244 & 245.

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5:00 pm - 5:45 pm

WHY STRUCTURED WATER AND EMF PROTECTION ARE CRITICAL TO YOUR HEALTH

with Liala Epstein

Explore the functioning of the human body as a transmitter and receiver of electromagnetic frequencies. Hear why EMF protection and structured water, free of negative energy patterns (from toxins), are vital. Learn about health benefits of water purification and EMF protection that functions using only natural laws. Sample structured water that is rich in bio-photon energy, endorsed by scientists Dr. Fritz Albert Popp and Dr. Konstantin Korotkov. Sample an Earthcalm Nova Scalar Resonator and feel the difference as you ground to frequencies of the planet's Schuman Resonance and your body dissipates out stress-inducing electrical currents.

Available afterward and throughout the weekend at EARTHCALM, booth 34.



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6:00 pm - 6:45 pm

HUNA HO'OPONOPONO ~ THE SECRET OF SELF EMPOWERMENT

with Luciana Stan

Are you tired of internal conflicts, emotional pain, and constant low energy? Are you ready to experience inner peace and reconnect with the spirit within? Come and learn the secret of living without fear, having only peace in your heart. Huna and Ho'oponopono is the secret. This is your opportunity to discover these long-hidden shamanic teachings for self empowerment. Luciana is a Master Trainer of IET, Huna, NLP, and TimeLine Therapy.

Available afterward and throughout the weekend at WHOLISTIC HEALING, booth 145.

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7:00 pm - 7:45 pm

SACRED EXPERIENCES IN BEHU



SACRED EXPERIENCES IN PERU with Sher Annfinson

Each year, groups of pilgrims visit Peru for sacred experiences. Come and learn about our experiences and view the slide show of our travels to this sacred land. We work with shamans of the Andes and Shipibo of the Amazon for studies, experiences, therapy, and healing. Peru has an unbroken lineage of honouring the land. With ceremonies and workshops, we teach people how to integrate this new energy, bring it back home, and share it with those that they love.



Available afterward and throughout the weekend at SHIATSU BY SHER ENERGY HEALING CENTRE, booth 86.

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Lecture Hall 205



11:30 am - 12:30 pm

OSTEOPOROSIS AND HEART DISEASE – PUTTING CALCIUM IN ITS PLACE

with Kate Rhéaume-Bleue, BSc, ND

Are calcium supplements safe? Why do so many of us have a lack of calcium in our bones (osteoporosis) while calcium plaque builds up in our arteries (atherosclerosis)? This is the Calcium Paradox. Join Naturopathic Doctor Kate Rhéaume-Bleue as she launches her new book Vitamin K2 and the Calcium Paradox. Learn about a long misunderstood, fat-soluble vitamin that holds the key to strong bones, healthy arteries, preventing wrinkles and more. If you take calcium or vitamin D, this talk could save your life!

Available afterward for questions and book signing at SMITH'S PHARMACY, booths 187-191 & 197 - 200.

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12:45 pm - 1:45 pm

NUTRITIONAL INFLUENCES ON ANXIETY

with Baljit, Khamba, M.PH, N.D.

Anxiety disorders are the most common psychiatric disorders in North America. In this lecture, Baljit Khamba of the S.T.A.R.T. Clinic for Mood and Anxiety Disorders will discuss nutritional influences on the central nervous system, including hypoglycemia, cerebral allergies, nutrient deficiencies and nutrient dependencies. Key nutrients indicated for the orthomolecular treatment of anxiety along with practical nutritional intervention strategies will be presented in this important lecture on mental health.



Available afterward for questions at ORTHOMOLECULAR HEALTH, booth 116.

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2:00 pm - 3:00 pm

A NEW DISCOVERY FOR DELIVERING PAIN RELIEF

with Dr. Joseph Gabriele, PhD

This discovery will forever change how we approach pain relief. Dr. Gabriele, a research scientist, watched as his wife's health deteriorated from pain medication. He was desperate to find a solution. This led to the discovery of DELIVRA™, a powerful and novel topical delivery system that can transport medicinals into the body more effectively than anything currently available. Other companies have attempted to transport natural ingredients across the skin barrier, such as Rutin for pain relief, but due to their structure this has never been possible – until now. LivRelief Pain relief, Nerve Pain Relief, and Wound Healing creams make current therapeutic topicals obsolete.

Available afterward for questions/demonstrations at HOOPER'S PHARMACY, booth 187-196.

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3:15 pm - 4:15 pm



STOP SEEING RED! THE HOLISTIC APPROACH TO CLEAR, SMOOTH SKIN with Kristen Ma, "Toronto's Best Facialist"

Facial redness, rosacea and skin sensitivity are all expressions of overworked core organs and poor skin care. Using Ayurveda and Eastern medicine, Kristen will teach you how to reduce skin aggravation and rosacea with a customized diet, herbs, and natural skin care routines. Learn how to maintain skin health, navigating even the angriest complexions through the seasons. Kristen will also explain basic skin biology, plus Ayurvedic face mapping and the role of improved blood circulation in skin repair. Kristen Ma is a writer, esthetician and Ayurvedic practitioner who co-owns Pure+simple Inc. - a group of holistic spas in Toronto. Her book Beauty, Pure + Simple is an alternative guide to beauty through health.



Available afterward for questions at **PURE+SIMPLE**, booths 114 & 115.

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4:30 - 5:30

KEEP YOUR HEART PUMPING! PREVENTING AND REVERSING HEART DISEASE

with Jozef Krop, M.D. (retired), H.D., Fellow American Academy of Environmental Medicine

Cardiovascular Disease is the leading cause of death in North America. In this talk, you will gain important insights into the various causes of heart disease and how to reduce your risk. Also covered will be the side effects of commonly used heart disease drugs and how to offset them with the use of appropriate supplements and other natural solutions. This presentation will empower you to be proactive, not only in treatment but also prevention of Cardiovascular Disease.

Available afterward for questions at **KOS PUBLISHING**, booth 175.

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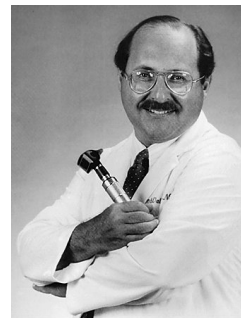
5:45 pm - 6:45 pm

LOOK YOUNGER, FEEL YOUNGER – WITH MINERALS, THE CURRENCY OF LIFE!

with Dr. Joel D. Wallach, BSc, DVM, ND (Chula Vista, California)

Eighty five percent of people visiting their doctor complain of low energy, chronic fatigue, and an inability to keep up with the pace of modern life. If this describes you, then attend this dynamic lecture. Let Dr. Wallach show you how to have more energy and greater stamina. Human beings require 90 essential nutrients for optimum health; 60 of these are minerals. Learn what these minerals are, and why they should be part of your daily supplementation program.

Available afterward and throughout the weekend at **YOUNGEVITY CANADA**, booth 8 & 9.



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Lecture Hall 104



12:00 pm - 12:45 pm

HOW GLUTEN CAN ADVERSELY AFFECT THE BODY

with Mary Krozonouski, RHN

Moving to a gluten-free diet is no longer just a consideration for people with celiac disease. Eliminating gluten from the diet can have a powerful impact on improving anyone's health. Many of us experience symptoms after consuming wheat and gluten-based products but we don't know why. Come and find out why you may be gluten intolerant, why it is imperative not to ignore the symptoms, and what to do about it. (Includes a discussion of gluten-free alternatives for cooking and baking.)

Available afterward and throughout the weekend at **TOTALWELLBEING.CA**, booth 173B.

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1:00 pm - 2:00 pm

DETOXIFICATION FOR PETS

with Joanne Carr, R.H.N., B.A.



Toxicity is an underrated problem with respect to our companion animals. Our pets are exposed to toxins every day in the form of vehicle exhaust, secondhand smoke, industry emissions, and food contaminants. We've all heard about the importance of detoxification to maintain optimum health working from the inside out. Learn about the benefits of organ detoxification for pets and how this can help relieve liver diseases, respiratory ailments, and digestive disorders, while enhancing energy levels.

Available afterward for questions at OMEGA ALPHA PHARMACEUTICALS, booth 162 & 163.



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2:15 pm - 3:15 pm
SACRED ALCHEMY: ELEMENTAL HEALING FOR 2012
with Gaisheda Kheawok

Embrace the alchemical wisdom of the elemental teachers (Water, Earth, Fire, and Air) and open to your Soul's wisdom in these changing times. Explore advanced shamanic techniques and elemental healing. Receive transformational tools to be in harmony with your Earthwalk. Gaisheda Kheawok is the founder and Executive Director of the Whispering Song School of Energy Medicine. Her cutting edge work in Energy Medicine has pioneered the bridge between ancient tribal wisdom and contemporary counselling practices.

Available afterward for questions at WHISPERING SONG SCHOOL OF ENERGY MEDICINE, booth 161.

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3:30 - 4:15
HEARTWISDOM: HEALING WITH INFINITE LIGHT AND JOY
with Sandra Moon Dancer B.Sc., M.H.Sc.

Align with the Wisdom in your Heart; this is the foundation for Unity Consciousness. With joy and love, Sandra activates Heartwisdom. This teaching and meditation can support and energize you for months to come. Sandra Moon Dancer is an Energy teacher, White Lotus Master, and shaman. Her CD, Heartwisdom, is acclaimed by Barbara Hand Clow, author of Alchemy of Nine Dimensions: The 2011/2012 Prophecies and Nine Dimensions of Consciousness, as "the guide that I use to meditate with the nine-dimensional form. It will center you in your heart."

Available afterward and throughout the weekend at CENTRE OF CIRCLEWISDOM booth 109.



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4:30 pm - 5:15 pm
REVERSE AGING AND HEAL DISEASE WITH RAW AND LIVING FOODS
with Brenda Cobb (Atlanta, Georgia)

Learn the reasons why some people look older than they are, and why they develop diseases. Learn how right thinking, emotional healing, and organic raw and living foods nutrition can detoxify, cleanse, and nourish the body. Discover what to do right now to help yourself! In 1998, Brenda Cobb healed herself of breast cancer and cervical cancer without surgery, chemotherapy, or radiation. In 1999 she founded the Living Foods Institute and has since dedicated her life to helping others.

Available afterward and throughout the weekend for questions at LIVING FOODS INSTITUTE, booth 158.

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5:30 pm - 6:15 pm
MAGICK AND YOU – SO FAR AND YET SO CLOSE!



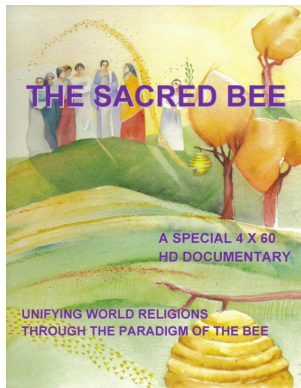
with Rev. Alicja Aratyn, M.Eng

Magick – the oldest, most profound, vast field of knowledge. Does it really apply to today's life? Come and learn how magick evolved from "emerald tablets" to recent "rules of magick". Learn how it can help you to understand yourself, heal yourself, and help others to heal themselves. This lecture will help many of us to release the fear of magick, and discover the benefits of this ancient tradition.

Available afterward and throughout the weekend at ALICJA CENTRE OF WELLBEING, booth 57.



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6:30 pm - 7:15 pm

THE SACRED BEE

with Oliver Couto, B.A.Hons, C.E.T.

"The Sacred Bee" is a 4-part Canadian produced documentary that gently unites the world's major faiths through the paradigm of the bee. Combining science, art, and spirituality to tell its fascinating story, Part 1 of the film explains the importance of a sacred attitude, the importance of the bee to human survival, and the bee in Judaic, Christian, and Buddhist traditions. Part 1 of the final cut of the film shall be screened with introduction by producer/beekeeper Oliver Couto.

Available afterward and throughout the weekend at THE BEE SHOP, booth 225.

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Lecture Hall 206



11:45 a.m. - 12:45 pm

ALTERNATIVE THERAPIES FOR CANCER

with Ahmad Nasri, D.M.H.S.

This lecture will provide an updated list of alternative therapies that are available to help treat cancer. Homeopathic Dr. Nasri will discuss in detail the researched treatments that are currently used worldwide in an integrative model to help many patients heal their cancer. He will also present an ideal holistic program that he employs at his clinics, including advanced testing methods and individualized

treatments.

Available afterward for questions at HOOPER'S PHARMACY, booths 187-196.

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1:00 pm -3:00 pm

EXPERT PANEL ~ OPEN FORUM

Zoltan Rona, MD; Craig Hudson MD; John Gannage, MD; Bryce Wyde, RNC, Homeopath; John Dempster, ND; Mike Hannalah, RPh, BSc Phm, FACA
(Moderator: Julie Daniluk, RHN)



This panel of experts invites you to bring your most pressing questions and concerns about 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.

(Note: Admission to this Open Forum requires a \$25 VIP PASS, available at the front ticket desk.)

These experts will be available afterward at SMITH'S PHARMACY for questions, booths 183-186 & 197-200.

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3:30 pm - 4:30 pm
PREVENTING AND TREATING DIABETES, DEPRESSION, AND MORE WITH NUTRITIONAL MEDICINE
 Darko J. Prce, MSc, 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. Join us for an in-depth look at these conditions, focusing on their root causes. 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. Darko Prce is Clinic Director of Biosis Healthcare Centre and a faculty member at Institute of Holistic Nutrition.

Available afterward for questions at INSTITUTE OF HOLISTIC NUTRITION, booth 166.

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4:45 pm - 5:45 pm
ELECTROMAGNETIC RADIATION – THE INVISIBLE THREAT
 with Dr. Howard Fisher, BSc, B.Ed, MBBS, DC

Dr. Fisher, world renowned anti-aging researcher, will present compelling evidence of the current dangers posed to adult and child health from electromagnetic fields. This seminar highlights both the problems and potential solutions. Dr. Fisher will describe the startling possibility that we may be facing 480 million brain tumours globally over the next ten years.

Available afterward for questions at GIA WELLNESS CANADA, booth 250.



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6:00 pm - 7:00 pm
IS MEDICAL REGULATION ENDANGERING PUBLIC HEALTH?
 with Helke Ferrie

In this talk, medical science researcher Helke Ferrie will speak on the imminent possibility of your health treatment choices being regulated out of existence. The College of Physicians and Surgeons appears determined to ensure pharmaceutical drugs will be the only treatment available in the future. With its "Draft Policy for Non-Allopathic Medicine," the CPSO turns back the clock on medical science and public opinion to ensure that doctors can no longer offer anything other than drugs – or risk losing their licenses. To learn what can be done to protect those hard-won rights achieved through the Kwinter Health Freedom bill of 2000, and to maintain our informed consent and constitutional rights, come and hear Helke's presentation. She will also introduce her new book, "Seeking Dr. Goodenough in the Deathtrap of Medical Regulation", and discuss ways in which the public can stop this insanity.

Available afterward and throughout the weekend at KOS PUBLISHING, booth 175.

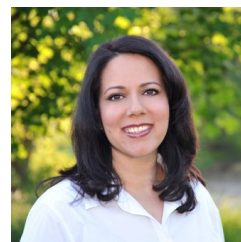
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Stage Two

11:30 am - 12:30 pm
THE AKASHIC RECORDS ~ HOW CAN THEY BENEFIT YOU?
 with Susan Mann

Akashic records are the blueprint of your soul and can reveal your life's purpose. They hold answers to why your behaviour patterns exist and why your life is the way it is. Imagine unveiling these reasons? Learn to utilize your energy in areas which are more aligned with who you are today, rather than spending it on patterns that no longer serve you. What possibilities could you create? All are welcome. Susan is a Holistic Energy Practitioner and Ascension Consultant specializing in the Akashic Records.

Available afterward for questions at HEAD TO HEAL HOLISTIC THERAPY, booth 22.



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12:45 pm - 1:45 pm
STRATEGIES FOR PREVENTING AND REVERSING DEGENERATIVE DISEASE



DEGENERATIVE DISEASE
with Jerry Zeifman

Come and discover 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 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 disease.

Available afterward for questions at ADVANTAGE HEALTH

MATTERS, booth 205 & 228.

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2:00 pm - 3:00 pm

CONQUERING YOUR HEALTH CHALLENGES FOR GOOD

with Jim Pappas, NHR (Toronto, Ont.)

Overcoming health issues and achieving optimum health can be a daunting task. Investing a great deal of time, money, and energy in restoring his own health, Jim learned firsthand how confusing it can be to overcome your health problems. He has experimented with a number of health restoration strategies, and will tell you which ones worked and which failed. He will share simple yet effective techniques and tools that will help you conquer your personal health challenges. Discussion includes diet, nutrition, acid/alkaline balance, exercise, detoxification, supplements, and how to use natural health services wisely.



Available afterward for questions at HEAVEN FRESH, booth 54.

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3:15 pm - 4:15 pm

SECRETS TO YOUTHFUL POSTURE AND FLUID MOVEMENT FOR LIFE *with Sam Graci, MSc. (Salt Spring Island, BC)*

Meet Sam Graci! Learn the secrets to youthful posture and fluid movement for a lifetime, along with simple strategies for improving bone and joint health in your teens, 20s, 30s, 40s, 50s and beyond. Test your pH and find out how to make your body more alkaline. Discover a fast and simple solution to joint pain caused by osteoarthritis, repetitive strain and injury. Sam Graci is an internationally renowned lecturer, consultant, researcher, and

formulator in the field of optimal human health and nutrition.

Available afterward for questions HOOPER'S PHARMACY, booth 187-196.

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4:30 pm - 5:30 pm

OPTIMAL NUTRITION FOR PREGNANCY AND BREASTFEEDING

with Dr. Claude Gallant, PhD and Joel Thuna, MH

Proper nutrition is never more important than when you are preparing for pregnancy, are pregnant, or are breastfeeding. New research has made great strides in discovering just which nutrients help mother and baby thrive. If you or anyone you know is preparing to have a baby, or is pregnant, join us for this vital lecture. This session will focus on nutritional requirements for a healthy body before pregnancy and right through to breastfeeding, and will provide take-home information for attendees and their doctors.



Available afterward for questions at PURE-LE NATURAL / GLOBAL BOTANICAL, booth 180 & 181.

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5:45 pm - 6:30 pm

THE HEALING POWER OF SOUND

with Michael Moon

In this colourful demonstration, Michael Moon will share special information from his 22 years experience in sound healing, and perform live healing music including an experiential sound meditation. Michael is an internationally recognized musician and a star in the healing music field. His latest two CDs both won second place

awards as best new age products of 2010 in the healing music category.

Available afterward and throughout the weekend at THE TEMPLE OF SOUND, booth 72.

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6:45 pm - 7:15 pm
MAHA MANTRA CHANTING
with the Gaura Shakti Band

Transcendental vibration for meditation.

Sponsored by ISKCON, booth 229.

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7:30 - 8:00 pm
**A UNION THROUGH A CRYSTAL SINGING BOWL
MEDITATION**
12 crystal bowls played through Laura and Stephen

Transitioning towards a harmonic 12 strain DNA system. Through the use of sound we are able to transform and restore resonance to the mind, body, and spirit.

Sponsored by ALTERNATIVE THINKING, booth 67.



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Sunday Speakers - November 27th, 2011

Stage One Lecture Hall 205 Lecture Hall 206 ABCD Lecture Hall 104 Lecture Hall 206 EF

Stage Two

Stage One



11:15 am - 12:00 pm
INDIAN HEAD MASSAGE
with Manmohan Singh Nagpal (Middlesex, UK)

Come and learn about the various methods and benefits of Indian head massage. This form has traditionally been practised in the Indian sub-continent since ancient times, passed from one generation to another. This unique form is said to bring complete relaxation of the mind and body by rejuvenating the supply of blood to the head.

When practised at the professional level, Indian head massage combined with herbal oils is called Champissage.

Available afterward and throughout the weekend at HERBALVEDA, booth 53.

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12:15 pm - 1:00 pm
ARGAN OIL - THE LIQUID GOLD OF MOROCCO
with Lanré Tunji-Ajayi

Superbly and naturally dense with healing properties, Argan Oil will change your view on skin care. This lecture will enlighten you on why this desert oil, that is rich in skin healing properties, should have a place of honour in your home.

Available afterward for questions at ALL NATURALS COSMETICS INC., booth 110.



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1:15 pm - 2:00 pm
CRYSTAL HEALING
with Lilly Rahmann (Deux-Montagnes, Quebec)

In this lecture you will learn how to reduce stress using crystals. How to increase your energy flow. How balancing your chakras and aura with crystals can help you keep healthy and happy. Lilly Rahmann is author of "Crystals Healing" and has been teaching and lecturing on crystal healing for many years. She is very passionate about her work on self healing.

Available throughout the weekend at LILLY CRYSTAL HEALING, booth 2.

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2:15 pm - 3:00 pm
TREATMENT FROM NATURE FOR ALZHEIMER'S DISEASE
with Darrick S. Kim, PhD (Chicago, Illinois)



DENTAL WELLNESS

DENTISTRY DOWNTOWN
977-8871
DowntownDentistry.com
Visit us at booth # 113

Lotus Heart Centre

B & B
Yoga, Meditation, Wellness
Visit us at Booth #70
Please ask about our special show offer for your Retreat!
www.lotusheartcentre.ca

BIOTRONIX RESEARCH INSTRUMENTS

CLICK HERE for website or call us at 905 . 653 . 5600

Booth #94

SOUND REIKI INSTITUTE
Exploring the Art and Science of Sound Healing
www.SoundReikiInstitute.com

Alzheimer's Disease (AD) is the most common cause of progressive cognitive dysfunction. More than 5.5 million North Americans are diagnosed with AD, costing the health care system over 200 billion dollars a year. One of the principal pathological characteristics of AD is extracellular deposition of Beta-amyloid as senile plaque, which appears to be involved in cerebral atrophy leading to dementia. Dr. Kim will give a presentation on how to efficiently eliminate Beta-amyloid, using a specific combination of natural superfoods.



Available afterward for questions at EPHRA-KAY INTERNATIONAL, booth 146.

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3:15 pm - 4:00 pm

THE STORY BEHIND THE STORY: THE TRUTH ABOUT BEING SICK

with Brian Gangel, Quantum Reflex Analysis

Brian will share with you the 12 drivers behind most of today's serious health issues. He will explain that you have a third choice when it comes to healing the human body, other than conventional medicine or alternative therapies. The root causes of dis-order and dis-ease will be revealed, possibly for the first time.

Available afterward and throughout the weekend for questions at NEW MILLENIUM LIVING, booth 95A.

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4:15 pm - 5:00 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 108.

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5:15 pm - 5:45 pm

DISCOVER THE BENEFITS OF ALKALINE IONIZED WATER

with Eminé Piyalé-Sheard (Montreal, Quebec)

Water ionizers have been used in Asia for over 30 years and are certified in Japan and South Korea as an approved medical device. Ionizers produce both alkaline and acidic water that provide numerous health benefits. Drinking alkaline ionized water daily improves hydration, restores pH balance and slows down the aging of our cells. Find out how the quality and quantity of water we drink can have an impact on our overall health and wellness.

Available throughout the weekend at AQUA HEALTH PRODUCTS, booth 148.

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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. The speakers will discuss healing in its most subtle dimension, as it applies to all levels of your being: physical, emotional, mental, and spiritual. They will show you how to have unique and profoundly personal experiences of divine presence and guidance through the practice of 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 divine spirit in their lives.

Available afterward for questions at ECKANKAR, booth 107.



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12:15 pm - 1:15 pm

THE BODY SHAPE DIET – SECRET TO PERFECT HEALTH

with Dr. Cass Ingram, D.O.

Are you an apple, pear, carrot, or watermelon? Find out how your body shape, head shape, and finger length reveal the whole story about your health through the endocrine hormone system. Learn how your body type relates to your risk for heart disease, cancer, diabetes, arthritis, skin disorders, high blood pressure, asthma, fatigue, and menstrual disorders – and discover how to reverse them with the 'Body Shape Diet'.



Available afterward for questions at THE HEALTHY PLANET, booth 244 & 245

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1:30 pm - 2:30 pm

REDOX SIGNALLING MOLECULES: A NEWLY DISCOVERED KEY TO HEALTH

with Michael Stern, B.A. Biology

Since 1998, when the Nobel Prize for Medicine was awarded for Redox Signalling, it has become a hot research topic worldwide, second only to stem cell research. With it is realized a new category of cellular communications that promises to make major improvements in health and wellness. A patented product, ASEA, has succeeded in stabilizing the body's native produced Redox Signalling molecules, which are able to replenish those critical molecules in your cells to restore youthful healing.

Available afterward for questions at ASEA, booth 97.

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2:45 pm - 3:45 pm

THE PATH TO PHENOMENAL HEALTH, HIGH ENERGY, AND IMPROVED WELL-BEING

with Sam Graci, MSc

Our bodies are extremely adaptable and able to excel despite increased pollutants, lowered food quality, 24-7-365 lifestyles. Science now shows that the body's ability to rebuild is faster and better than we ever thought possible. How do we improve our adaptability? Sam shows us what to tweak in our daily lifestyle to: reduce inflammation; balance our pH; repair joints and build bone; activate energy; improve vitality and sense of well-being. As Sam says, "You have a choice: become a rapidly aging senior or a wise elder. Tweaking your lifestyle, making conscious decisions, is all it takes."



Available afterward for questions at HOOPER'S PHARMACY, booth 187-196.

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4:00 - 5:00 p.m.



OCCUPY YOUR BODY! A NATIONAL PROTEST AGAINST REGULATIONS THAT FORCE NATURAL HEALTH PRODUCTS OFF THE MARKET AND RESTRICT PERSONAL HEALTH FREEDOMS

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

Freedom of choice vs. government control in health care is a debate that has turned into a movement! Shawn Buckley sparked immediate action when he alerted Canadians to Health Canada's decision to criminalize vitamins, minerals, herbals and traditional natural health products. These products had been used by Canadians daily, and for decades. Now natural health product manufacturers, practitioners and stores are protesting government regulations that are slowly dismantling a once vibrant industry. Shawn will discuss his current federal legal cases, the threats from within the industry, the recent

enforcement of removing products from store shelves faster than ever before, and what Health Canada does not want the public to know. Join the movement that protects a very basic property right that no one should tell you how to treat - your body.

Shawn is available for questions all day Saturday and Sunday at THE NHPPA, Booth 176.

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Lecture Hall 206 ABCD

11:30 am - 12:15 pm

NATURAL MANAGEMENT OF PAIN AND INFLAMMATION IN ACUTE AND CHRONIC CONDITIONS

with Miriam Bricks, BSc, ND (Montreal, Quebec)

Discover safe, scientifically proven, natural homeopathic medications to help relieve and control pain in acute and chronic inflammation conditions such as: acute trauma and injuries; bruises and contusions; back pain: lumbago; RSI (Repetitive strain or stress injuries); arthritic pain; earache and inflammation. Come and join us to learn how to control inflammation, relieve pain, and stimulate the body's healing processes naturally.

Available afterward for questions at SMITH'S PHARMACY, booth 183-186 & 197-200.



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12:30 pm - 1:15 pm

THE RESOURCEFUL MOTHER'S SECRETS TO HEALTHY KIDS

with Meredith Deasley, BA, RHN, RNCP

Having studied pediatric nutrition for over a decade, Meredith Deasley knows which surprising foods are most problematic for kids and why, and which supplements are needed by all children. She is well versed in detecting and eliminating food sensitivities and allergies, along with other health challenges. She also teaches parents how to integrate healthier eating into their lifestyles in a practical and easy manner. Meredith is the author of the book bearing the title of this seminar, and teaches Pediatrics at The Canadian School of Natural Nutrition.

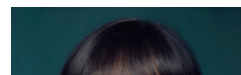
Available afterward for questions at CANADIAN SCHOOL OF NATURAL NUTRITION, booth 132.

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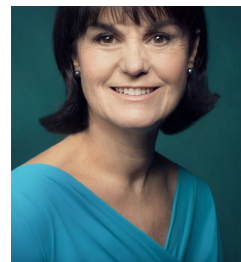
1:30 pm - 2:30 pm

CREATING A MERCURY-FREE MOUTH AND A WINNING SMILE

with Dr. Dana Colson, DDS



Silver fillings, also called amalgam, are comprised of 50% mercury and 30% silver, along with copper, tin, and zinc. Dr. Colson will provide an informative and entertaining presentation about the role of the mouth and wellness. When the health of the mouth is optimized, many exciting changes can occur in our wellness quotient. What are the safest protocols for amalgam removal, and restoration of the mouth with biocompatible materials? Learn about the role of mercury in electromagnetics ... galvanic interactions with other dental materials (even gold). Discover the mouth/heart connection and the psychological power of a great smile. Dr. Colson is author of *Your Mouth: The Gateway to a Healthier You*.



Available afterward for questions at WELLNESS BASED DENTISTRY, booth 155 & 156.

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2:45 pm - 3:30 pm

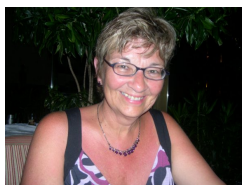
AN INTRODUCTION TO NUTRITIONAL IMMUNOLOGY

with Nancy Ning Peng

Our immune system is the most vital force we have to protect ourselves against almost every disease, bacteria, and virus known to man. This lecture will explain how we can best make sure that we maintain our immune system at the level needed to protect our health.

Available afterward for questions at ONTARIO NUTRITIONAL HEALTH ASSOCIATION, booth 58.

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3:45 pm - 4:30 pm

THE ANCIENT ART OF REFLEXOLOGY

with Mary-Kay Perris, BA, CR, MNLP

Reflexology is an ancient therapy that may assist you with a variety of health challenges. Come and learn where Reflexology originated, what is happening now in the field, and where it is going. We will be discussing and demonstrating how to apply pressure to certain points on the feet to possibly relieve headaches, sinus congestion, and low

back pain. Feel the power of this reflex therapy using your hands to practice on your feet. It will amaze you!

Available afterward for questions at REFLEXOLOGY ASSOC. OF CANADA, booths 91 & 92.

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4:45 pm - 5:45 pm

STRESS, EMOTIONAL EATING, AND THE INFLAMMATION CONNECTION

with Julie Daniluk, RHN

By following an anti-inflammatory lifestyle, it is possible to change how you respond to the stresses in your life and the pain associated with inflammation. In this interactive workshop, Julie will share how she overcame emotional eating and anxiety with a tool kit of yoga, supplementation and nutrition. Find a greater sense of ease, improved vitality, balanced brain chemistry and a positive outlook on life in this entertaining lecture. Nutritionist Julie Daniluk hosts Healthy Gourmet, a reality cooking show that looks at the ongoing battle between taste and nutrition. She is author of a soon-to-be-published first book, *Meals That Heal Inflammation*.



Available afterward for questions and booksigning at HOOPER'S PHARMACY, booths 187-196.

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Lecture Hall 104



10:15 am - 11:15 am

THE MIRACLE OF MAGNESIUM

with Linda Bolton



In this presentation, Linda will provide an overview of the importance of magnesium based on the book *The Magnesium Miracle* by Dr. Carolyn Dean. She will also provide information related to the importance of taking ionic minerals, as well as the convenience of transdermal magnesium.

Available afterward and throughout the weekend at NATURAL CALM CANADA, booth 47 & 48.

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11:30 am - 12:30 pm

INTRANASAL LIGHT THERAPY – THE NEXT HEALING BREAKTHROUGH?

with Lew Lim

Discover the natural healing power of Intranasal Light Therapy which stimulates the blood, circulatory, immune, respiratory, and nervous systems. As such, it addresses many conditions including high blood pressure and cholesterol, diabetes, dementia, viral infections, asthma, and more. It is easy to use, low cost, and is portable. 10 million people outside of North America are using this therapy, which is employed by many hospitals in China. See how easy it works for a lifetime of wellness.

Available afterward and throughout the weekend at VIELIGHT INC., booth 126.



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12:45 pm - 1:45 pm

FROM MID-LIFE CRISIS TO ALIGNMENT WITH LIFE CYCLES: A RETURN TO RITES OF PASSAGE

with Carolina Edwards, M.Cl.Sc, MBA

Imagine our lives directed by an INTERNAL map of growth and change from birth until death, rather than external events directing our path. Learn about the moon cycles teaching from the Sweet Medicine SunDance Path. This provides a map and an intent for each 3 year cycle within our lifetime, in response to the developmental changes within self. Rites of passage ceremonies are now available to mark those transitions for all seekers. Carolina Edwards is a teacher and a Roadperson on the Sweet Medicine SunDance Path, a trained rites of passage ceremonialist, and has worked for many years within the Red Lodge program at ICSS.

Available afterward for questions at INSTITUTE FOR CONTEMPORARY SHAMANIC STUDIES, booth 85.

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2:00 pm - 2:45 pm

HERBAL MEDICINE FOR TREATMENT OF PAIN

with Guy Chamberland, MSc, Ph.D, Herbalist (Montreal, Quebec)

We can treat pain using herbal remedies based on a strategy that mimics how conventional medicine approaches pain management using pharmaceutical drugs. A natural therapeutic approach involves categorizing the herbal remedies based on their pharmacological properties (eg. analgesic, antispasmodic) and then approaching pain from that point of view. Various herbal combination strategies will be discussed as treatment for severe acute pain and chronic pain, along with specific herbs to manage conditions like insomnia and muscle spasms.

Available afterward for questions at SMITH'S PHARMACY, booth 183-186 & 197-200.



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3:00 pm - 3:45 pm

CHAKRA HEALING WITH MUDRAS, MEDITATION & PRANAYAM



With Kavi Katan, MSC, DSC (Mumbai, India)

Chakras, our energy centres, can get imbalanced by negative thoughts or stress. Among the healing tools available, Breathwork, Mudras and Meditation can easily be incorporated in daily life. By regulating the breath you can avoid many diseases. Imbalance of the five elements causes Dosha imbalances leading to diseases; hand Mudras provide energy to the body which helps in the purification process. Meditation helps to balance all our energies. Meditation on Chakras incorporates all that is recommended in Patanjali's Ashtang Yoga.

Available afterward and throughout the weekend at FM's AROMATHERAPY, booth 52.

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4:00 pm – 5:00 pm

LOVE YOUR BREASTS

With Sat Dharam Kaur, ND (Owen Sound, Ont.)

The health of our breasts reflects the health of the earth. Join author and naturopathic doctor, Sat Dharam Kaur, to learn simple lifestyle, dietary, nutritional, and environmental strategies that you can utilize to protect the health of your breasts and of future generations. You will learn what foods to eat and avoid; how to balance your hormones with foods and nutritional supplements; how to carry out an effective sauna detoxification program; how to improve lymphatic circulation, and how to create a healthy home.



Available throughout the weekend at Booth 127B.

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Lecture Hall 206 EF

11:00 am - 11:45 am

WIFI, SMART METRES, WIRELESS GADGETS – ARE THEY SAFE?

with Dr. Andrew Michrowski, PhD (Ottawa, Ont)

How do you cope with the invasion of wireless technologies when dealing with officials, suppliers, school boards, and even your neighbours when confronted with trespasses against you, and the lack of choice. New international government and judiciary interventions are now on your side, and you can use their support to improve your health.

Available throughout the weekend at ESSENTIA, booth 60.

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12:00 pm - 12:45 pm

WHAT'S EATING YOU? STAY YOUNG!

with Evelyn Krpan

Long a supporter of Drs. Hulda Clark, Wm Kelly, Weston Price, Max Gerson, and Hal Huggins, Evelyn brings the latest safe and sane ways of living a longer and better life. Learn how to prevent unnecessary death from food-borne illnesses including E. Coli, Listeria, and C. difficile. Learn about advances in Bio-Energetic Technology and magic minerals that are revolutionizing healing today. Evelyn healed herself from cancer 43 years ago, and now is sharing her knowledge with those interested in the alternative approach.

Available throughout the weekend at booths 32 & 33 where you can also get a free Thyroid Test, sample Nano-Gold and Silver, and see demos of Bio-Energetic Treatment Technology.

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1:00 pm - 2:00 pm

**WHY RUSSIANS ARE BUILDING
A PYRAMIDAL COMPLEX IN SIBERIA**

with Valery Uvarov (St. Petersburg, Russia)

In the last 15 years there has been an organized effort in Russia to study ancient technologies from around the globe, especially in Egypt. Studies conducted by top scientists from Russian academia, headed by Mr. Uvarov have made amazing findings. Come and find out why pyramids are being built, how the energy of pyramids and

Wands of Horus influence the immune system; how pyramids are antennas and amplifiers of "life force" – energy bands that are beneficial for humans; how the pyramid's energy field corrects/purifies

all materials nearby, especially water; and what will happen in 2012. Mr. Uvarov has published two books about pyramids and the Wands of Horus.

Available throughout the weekend at BEL AGORA, booth 73.

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2:15 pm - 3:15 pm

INTRODUCTION TO BIOPHON SCIENCES AND PERFECT HEALTH

with Paul MacDonald

Would you like to be in perfect balance, physically, mentally, and spiritually? Join Paul MacDonald, preeminent Biontologist in North America, and learn how that balance can be achieved. Every living cell in the body emits biophotonic light. Paul will describe how chaotic light impulses indicate disturbance in the body, and how that light can be neutralized to successfully treat depression, heart disease, migraines, and other symptoms that incoherent light presents. You will also learn how to become a biontologist and set up your own practice.



Available afterward for questions at MERIDIAN ENERGIES GROUP, INC., booths 104 & 105.

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3:30 pm - 4:15 pm

SUBTLE ENERGY TECHNOLOGIES

with Deborah Stuart (Sausalito, Calif.)

Incorporating the research of Nicole Tesla, Raymond Royal Rife, Albert Abrahms, MD, and William Reich, MD, Deborah co-founded the Oxygen Research Institute with researcher Norman McVea, PhD. Stuart's special interest in spirituality, metaphysics, and reverse aging, inspired her to develop subtle energy technologies to aid people in achieving deeper states of meditation, higher states of

consciousness, peak performance, wellness, and abundance. Come and find out how you can benefit from the latest developments in subtle energy technology.

Available afterward and throughout the weekend at HIGHCHI, booth 10.

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4:30 pm - 5:15 pm

CONNECTING TO YOUR INTUITIVE WELLNESS

with Juliet Francis

For some, taking the next step on your journey can be a bit scary, especially when you are not sure what that next step should be. Creating your harmonious life can be simple. Come learn quick ways to connect to your own intuitive guidance system for answers, and learn how to raise your vibration.

Available throughout the weekend at EXCELLENCE 360, booth 22.

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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 133 & 134.

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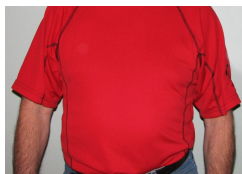


11:30 am - 12:15 pm

A TALK ABOUT THE FUTURE

with Martin Humbel

Signs of a new time are sweeping the world. Learn about the economic and political changes that are coming. Martyn says:



economic and political changes that are coming, Matreya says. "Without sharing, there is no justice. Without justice, there is no peace. Without peace there is no hope." This is a talk that you don't want to miss.

Available afterward and throughout the weekend at **TORONTO TRANSMISSION MEDITATION**, booth 79B.

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12:30 pm - 1:15 pm

LIVING TO 100 IN A TOXIC WORLD

with *Rodney Palmer*

A 100 year old man finished this year's Toronto marathon for the first time ever. Official predictions state that 100 will soon be a common age at death. But the same officials predict that half of us will develop cancer from living in a toxic world. Join Rodney for the latest science on daily detoxification through sweating. Canadian scientists have now found measurable amounts of carcinogenic heavy metals and chemicals in the sweat droplets of people. Our skin is our biggest detoxification organ. Active, functional sweat glands are the secret to staying healthy until 100. Rodney Palmer is President of SaunaRay Inc. North America's only research-based infrared sauna manufacturer. (For a preview, see Rodney's video posted on the Whole Life Expo facebook page.)

Available throughout the weekend at **SAUNARAY**, booths 41 & 42.

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1:30 pm - 2:15 pm

YOU HAVE THE POWER TO HEAL AND REJUVENATE YOURSELF

with *Master Lynne Nusyna, M.Ed*

This lecture will reveal ancient soul healing secrets, wisdom and practical techniques to heal and rejuvenate yourself. Learn how to boost energy, stamina, vitality, and immunity. Heal your physical, emotional, mental and spiritual bodies. Master Lynne Nusyna is a worldwide representative of Dr/Master Zhi Gang Sha (MD, China), bestselling author, healer, and spiritual leader (<http://www.drsha.com/>). She is the Director of the Love Peace Harmony Centre in Toronto, and author of *Bringing Spiritual Wisdom to Your Daily Work*. Join her for this experiential lecture.

Available afterward for questions at **INSTITUTE OF SOUL HEALING AND ENLIGHTENMENT**, booth 77.



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2:30 pm - 3:15 pm

POSTURE – HOW TO IMPROVE YOURS

with *Dr. Scott Levine, DC*

Posture can affect your energy, your mood, and your overall health. Imagine what a depressed person's posture would look like; now imagine a happy posture. Different emotions can affect your posture, and your posture can change your mood. Come to this interactive workshop to learn how to change your posture and improve your mood and energy.

Available afterward at **VITA HEALTH CLINIC**, booth 157.

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3:30 pm - 4:15 pm

REBUILD YOUR LIFE WITH HAPPY SCIENCE

with *Bob Imai*

"In the universe, there is a firmly established set of values which is like a pillar. Eternal progress and development are promised to those who think and act within this golden pillar, while thoughts and action outside this golden pillar will never bring about the progress of the soul." Rebuilding our life means whatever happened in the past and

whatever circumstance we are in now, we can still step forward to attain more happiness and success in life. In this seminar, we will learn and practice three steps of meditation to realize it.

Available afterward for questions at **HAPPY SCIENCE**, booth 66.





4:30 pm - 5:30

HEALING OUR BODY, MIND, AND SOUL

with Craig Nicholson

Our health is the end result of our past thoughts, feelings, and physical care. The Ascended Masters (including Lady Masters) teach us that our body, mind, and soul are all interconnected. They see us as we really are, as amazing holistic beings stuck in our self-limitations, karma, and worldly environment. Come and share in their ancient and modern wisdom. Balance your life. Get practical and spiritual tools for holistic health and for helping the planet.

Available afterward for questions at TORONTO TEACHING CENTRE, booth 78.