



Psychic Medium, Gail Thackray
 Free readings & workshop on
John of God
 Sat Nov 10th 6:30 pm



November 9, 10, 11 2012 • Metro Toronto Convention Centre

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Friday Speakers - November 9th, 2012

Lecture Hall 205

Stage One

Stage Two

Lecture Hall 205

5:15 pm - 6:00 pm

TIRED? STRESSED? DISCOVER NATURE'S BEST ALLIES

with *Dr. Paul Hrkal ND (Toronto, Ont.)*

Stress comes in many forms – from physical, work, and financial stressors, to stress in our relationships. Join Dr. Hrkal and learn how you can better deal with the stressors of everyday life through modifying your diet and adding in right supplements for improving your response to stress while boosting energy levels. For example, users of the herb Rhodiola have reported a pronounced anti-fatigue effect. Rhodiola can improve physical fitness, reduce mental fatigue and help provide a better overall sense of health and well-being. This and more will be discussed.



Available afterward for questions at AOR/SMITH'S PHARMACY booths 52-55, 66-69

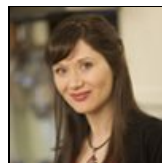
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6:15 pm – 7:15 pm

HOW THE ANTI-INFLAMMATORY DIET CAN HEAL CHRONIC DISEASE

with *Julie Daniluk, RHN (Toronto, Ont.)*

In this interactive workshop, Julie will share how she healed chronic inflammation by journaling every food choice. Learn the details of the anti-inflammatory food pyramid to create vitality, balanced brain chemistry and a pain-free body. There are 7 billion diets for 7 billion people and health is found when you can tap into the right food prescription for your individual needs. Nutritionist Julie Daniluk hosts Healthy Gourmet, a reality cooking show that looks at the ongoing battle between taste and nutrition. She is author of *Meals That Heal Inflammation*, a Canadian bestseller, available at www.juliedaniluk.com



Available afterward for booksigning at HOOPER'S PHARMACY booths 57-64

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Stage One

5:30 pm - 6:15 pm

LEAD POISONING! IN MY KIDS???

with *Evelyn Krpan*

Surviving kidney cancer only to get hit with lead poisoning, Evelyn shares her ongoing experience with toxic heavy metals, while slowly eliminating her symptoms of multiple sclerosis and Alzheimer's disease thanks to Dr. Hulda Clark. Learn how to test your own products at home. Could all these imported products like knapsacks, lunch bags, leather shoes, lipstick, your computer mouse, or electronic gadgets be causing depression, rage, pain, inability to focus or study, or even autism.

Available afterward for questions at HARMONIX NATURAL THERAPY booth 203

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6:30 pm - 7:15 pm

ENERGY MANAGEMENT 101: OWN YOUR ENERGY BEFORE SOMEONE ELSE DOES

with *Susan Mann, Holistic Energy Practitioner*

Do you feel depleted in life? If so, you are more than likely giving up your energy to others without even knowing it... or alternatively, they are taking what they need. Not being aware of your energy field or knowing how to



that they need not being aware of your energy, how or knowing how to manage it can lead to physical, mental and emotional exhaustion. Join us as we learn how to own your energy, how to manage it and how to expand it. What would that free up for you? How would your life change?

Available afterward for questions at HEAD TO HEAL booth 161

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7:30 pm - 8:15 pm

DO YOU FAIL AT DIETS OR ARE DIETS FAILING YOU?

with Leah Young, MBA, Licensed Am I Hungry?® Facilitator



While there are many diet and weightloss programs, very few focus on sustainable lifestyle change. For most of us, very few diet programs actually work long term. Diets are great at telling us what to eat but fail to give us the personal insight into why we eat in the first place. Using humour, personal anecdotes and the Am I Hungry?® Eating Cycle, this interactive and insightful presentation pokes holes in the diet industry's methods while delivering a deceptively simple, common sense alternative to weight management that offers more than just "eat less and move more." You will learn to get back in touch with your natural body instincts and put yourself in charge of your eating choices.

Available afterward for questions at SPIRICAL booth 138

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Stage Two

4:15 pm - 4:45 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.

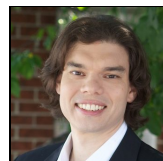
Available afterward for questions at WHISPERING SONG booths 177, 178

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5:00 pm - 5:45 pm

GERM WARS – THE BATTLE OF THE GOOD VS THE DIFFICILE

with Jason A. Tetro, B.Sc



Bacteria/germs are the oldest living organisms on earth; they are omnipresent. The human body, the air we breathe, the surfaces we touch, food we eat, the plants, the environment are all replete with bacteria. Almost 99% of these germs are helpful, whereas the remaining ones are dangerous. Come and learn about the probiotics that have been found effective in fighting harmful germs and bacteria.

Available afterward for questions at BIO-K PLUS INTERNATIONAL booth 76

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6:00 pm – 6:45 pm

THE SUBCONSCIOUS MIND – YOUR KEY TO BALANCING BODY, MIND AND SPIRIT FOR OPTIMAL HEALTH AND WELL-BEING

with Tariq Sattaur, BA, MH, NLP, CI



Over 90% of your day, every day, is spent in a form of trance, where you operate without thinking. What you think, feel and do for the majority of your life is determined by your subconscious mind! Learn how hypnosis can help you use the power of your subconscious to live life more fully – on your terms! Manage your weight, reduce stress and anxiety, release fears and change unwanted emotional and behavioural patterns safely and effectively with the power of your mind!

Available afterward for questions at ONTARIO HYPNOSIS CENTRE booth 103

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7:00 pm – 7:45 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

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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Whole Life Expo 2012

Canada's Largest Showcase of
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Psychic Medium, Gail Thackray

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Saturday Speakers - November 10th, 2012

Lecture Hall
206 A,B

Lecture Hall
205

Lecture Hall
206 D,F

Stage One

Stage Two

Lecture Hall 206 A,B

11:45 am - 12:45 pm

THE ALKALINE APPROACH TO PURIFICATION AND REGENERATION

with Jeanette Anneccchini

In this lecture, Jeanette presents Dr. Peter Jentschura's 'secrets' to anti-aging. Dr. Jentschura, a German Biochemist, has over 30 years of clinical experience and has extensively researched the 'nature of the so-called modern civilization diseases'. He discovered that through obtaining the proper alkaline-acid balance and dissolving stored impurities, one may experience disease recovery and optimal health. A plant-based, mineral-rich diet is a start to achieving an alkaline environment in the body. Learn the doctor's '3 Steps' to purification and regeneration.

Available afterward and throughout the weekend at P. JENTSCHURA / PH COSMETICS, booth 21



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1:00 pm - 1:45 pm

HOW PAST LIVES AFFECT YOUR HEALTH TODAY

with Jane Durst Pulkys, RHN

Recurring or chronic health issues can be like recurring dreams, representing unfinished business or lessons still to be learned from your past lives. What kind of spiritual messages can health problems bring? How does spiritual healing occur? What spiritual techniques can be used to help with health issues? Come to discuss these questions, share your experiences, and gain new techniques to explore your health issues from a spiritual perspective.

Available afterward and throughout the weekend at ECKANKAR, booth 155



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2:00 pm - 2:45 pm

EMERGENCY BEAUTY: NATURAL AYURVEDIC SOLUTIONS FOR SKIN DAMAGE

with Kristen Ma

Learn what the best natural beauty ingredients and treatments are for skin repair and restoration. Also, how to prevent free radical skin damage through diet and lifestyle. Discover ways to prevent rosacea, pigmentation, premature aging and oxidative stress on your skin from an Ayurvedic skincare expert. Kristen was named "Best Facialist in the City" by *Toronto Life* and has been quoted as a "Skin Expert" by numerous press including *National Post*, *Flare*, and *Toronto Star*. For more information visit: www.pureandsimple.ca

Available afterward and throughout the weekend at PURE + SIMPLE booths 91, 92



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3:00 - 3:45

WATER WISDOM

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

Water is essential for us and Mother Earth. It is a healing conduit that



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Wellness
Meet

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Master Hypnotist &
Certified Nutrition
Consultant

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Visit us at booth #96

Psychic Medium
Gail Thackray

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UNLOCK
THE POWER
OF YOUR
MIND WITH
HYPNOSIS.

ONTARIO HYPNOSIS CENTRE

Water is essential for life and more than just a healing element that connects us all. Join us for shamanic healing, singing and drumming to celebrate the Waters of the World. Sandra Moon Dancer shares indigenous teachings about the wisdom of water. With 30 years experience in the healing and indigenous communities, Sandra does ceremony at international gatherings and is a Sacred Water Bearer. She is an internationally renowned shaman and founder of the Centre of Circlewisdom.



Available afterward and throughout the weekend at CENTRE OF CIRCLEWISDOM, booth 157

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4:00 pm - 4:45 pm

ATLANTEAN HERITAGE IN MODERN TIMES

with Rev. Alicja Aratyn, M. Eng

The Atlantis continent sunk thousands of years ago, but we have never forgotten it. Some of us remember parts of our lives there, but keep silent. In this visual lecture, Alicja will share her memories from her lives on Atlantis. She will also present the traditional story of Atlantis, as told by Plato, and compare it with the latest findings. We'll examine Egyptian artefacts, commonly known for having Atlantean roots. Join Alicja in your search for Atlantis and your Atlantean roots and connections.



Available afterward and throughout the weekend at ALICJA CENTRE OF WELL-BEING, booth 210

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5:00 pm - 6:00 pm

APITHERAPY HEALING WITH BEE PRODUCTS

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

Apitherapy is the Queen of therapies; it includes homeopathy, phytotherapy, colour therapy, aromatherapy, sound therapy, etc. How various bee products such as royal jelly, bee pollen, honey, propolis, beeswax and bee venom are excellent for health and healing will be explained. As well, what bee products are good for encouraging healthy skin and how to help ailments such as psoriasis, eczema, dry skin, etc., shall be discussed. Complimentary samples of the various bee products will be made available.



Available afterward and throughout the weekend at THE BEE SHOP, booth 45

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6:15 pm - 7:00 pm

INNOVATIONS IN LYMPHATIC MASSAGE AND APPLICATION

with Marie Graff, BA, MA, ST, RMT

Until now all lymphatic massage has been limited to interpretations of Vodder's *Manual Lymphatic Drainage*, often referred to as MLD. Dr. Vodder gave us a map of the lymphatic system; a chart of the vessels. He gave us a manual technique to encourage drainage. And most importantly he gave us an understanding of the scope of the lymph system. But not until now has there been a technique that maximizes results and expands exponentially on the outcomes. This method is faster and broader in its actions and extraordinary positive outcomes.

Available for questions at GRAFF LYMPHATIC RECOVERY booth 137

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Lecture Hall 205

11:30 am - 12:30 pm

FOUNDATIONS FOR WHOLE BODY HEALTH

with Dr. Gaetano Morello, B.Sc., N.D. (Vancouver, B.C.)

Through decades of research, scientists are learning that the gut could hold the secret to systemic health. The digestive tract does a lot more than just break down foods, absorb nutrients, and eliminate waste. In fact it is critically involved in brain chemistry, immune function, and in preventing the evolution of autoimmune diseases like arthritis, eczema, asthma, rheumatoid arthritis, lupus and many others. Dr. Morello will go into detail on how probiotics, digestive enzymes, and supplements can change your life. All participants will receive a free copy of his best selling book *Whole Body Cleansing*.



Available afterward for questions at NATURE'S WAY / SMITH'S PHARMACY, booths #52-55, 66-69

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12:45 pm - 1:45 pm

SUPERFOODS AND HEALING STRATEGIES TO SLOW AGING AND REVERSE DEGENERATION

with Renita Rietz, MA

The question of how to nourish oneself has become critical in this nutritionally





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Lecture Hall 206 D,F

11:45 am - 12:45 pm

THE NEW SCIENCE OF ANTI-AGING MEDICINE

with Dr. Randy Knipping, BSc, MD, CCFP

Imagine if you could change the rate at which you age, so that you could enjoy not just a longer life but a healthier one. Imagine if you could delay the onset of age-related chronic diseases. For the first time in Canada, Deerfields Clinics are offering an Age Management Program that tests the biology of aging based on Nobel Prize winning research. Join Dr. Knipping as he discusses the latest anti-aging strategies including: telomerase activators, supplements that target inflammation, bioidentical HRT, strategic fitness, stress reduction, and more.



Available afterward for questions at DEERFIELDS CLINIC booth 118

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1:00 pm - 1:45 pm

DRUGS FOR ADHD? ARE YOU NUTS?

With Dr. Zoltan Rona, B.Sc., MD

As reported recently in 3 separate *Toronto Star* articles, Health Canada has been negligent in protecting children from the toxic effects of ADHD drugs. Suicides, seizures, addictions, and deaths from other causes are escalating as a result of increasing prescriptions for this class of drugs that endangers the lives of our children. If Health Canada doesn't protect the public, what can you do? Are there alternatives to these drugs? This lecture explores the possibilities and offers evidence based solutions.



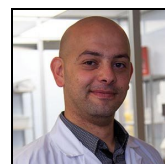
Available at SMITH'S PHARMACY booth for questions and book signing, after the Expert Panel that follows this talk.

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1:55 pm - 3:00 pm

NATURAL SOLUTIONS TO INFLAMMATION AND PAIN: OPEN FORUM EXPERT PANEL

Zoltan Rona, MD; Joseph Gabriele, PhD; John Dempster, ND; Mike Hannalah, RPh, BSc Phm, FACA (pictured right) (Moderator: Julie Daniluk, RHN)



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3:15 pm - 4:15 pm

FEAR CREATES DISEASE – HOW TO PREVENT AND REVERSE IT

with Dr. Brian Clement, PhD, L.N.C. (West Palm Beach, Florida)

Dr. Clement will explore 57 years of clinical research and human experience on the subject of disease prevention and life extension. He will explain how fear directly impacted by cultural, societal, and lifestyle choices can ultimately lead to disease. Discover the connection between emotional distress and disease. This clinical research has offered Dr. Clement an understanding of how all people can prevent fear, anxiety, disease, and resulting unhappiness, and create better mental health for optimal wellbeing.



Available afterward for questions at HIPPOCRATES HEALTH INSTITUTE booth 142

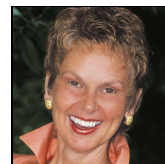
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4:30 pm - 5:15 pm

RAW AND LIVING FOODS TO CLEANSE AND HEAL

with Brenda Cobb (Atlanta, Georgia)

Learn how organic raw and living foods help the body heal from any disease no matter how serious, and the five most important things you can do to create good health right now! Become motivated to take full responsibility for your own health and well-being. When you know what to do you are empowered to do it! Brenda Cobb personally healed breast and cervical cancer in 1999 without surgery, chemo or radiation. Find out what she did and what you can do to heal and prevent any health issue.



Available afterward at LIVING FOODS INSTITUTE booth 107

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5:30 pm - 6:15 pm

SAVE YOUR THYROID – SAVE YOUR LIFE

with John Koveos, B.Sc., H.D.

Thyroid dysfunction is a modern epidemic and lack of good nutrition is a major reason why. Learn the key nutrition factors such as sea vegetables that play an important role in healthy thyroid function. Also get the latest breaking research on weight loss, energy and stress support.



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6:30 pm - 7:30 pm

SPIRITUAL JOURNEYS – MEDIUMSHIP & HEALING WORKSHOP

with *Gail Thackray (Los Angeles, California)*

Come and join Gail as she describes her experiences with the healer John of God in Brazil, and the spirits she is blessed to work with. Gail is an exceptional psychic and will give demonstration readings and healings. Many people report spontaneous healings and life changing experiences after attending Gail's workshop, and also an ability of their own to channel and heal. Develop intuition, learn spiritual healing, mediumship, directing energy healing, and more. Gail will give you an "attunement" to the spirits she works with and guide you onto your own spiritual path of healing and enlightenment. "The most spiritually moving event I have seen in years." *Inside Look Magazine*. All attendees receive a free small Blessed Energy Crystal. Visit www.GailThackray.com for more information.



Available afterward and throughout the weekend for questions at booth 251

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Stage One

11:00 am - 11:40 am

HEALING YOUR EMOTIONAL ISSUES AND INTERGENERATIONAL KARMA

with *Paul LaFrance*

Paul channels Divine Energy to clear emotional issues and karma from both current life and that passed down through ancestral lineage (intergenerational karma). You do not have to speak about the issue if you have a recurring problem in your life that seems difficult or impossible to solve, it is probably part of your ancestral lineage. Please attend Paul's lecture and experience the benefits of an intergenerational karmic group healing and feel how your life can change profoundly to benefit yourself and others.



Available afterward for questions at **FUNNEL OF ENERGY** booth 113.

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11:50 am - 12:45 pm

IDENTIFY THE CAUSE OF ILLNESS – WITH LIVE BLOOD ANALYSIS AND MORE

with *Dr. Andrea Maxim, BSc, ND*

Live and dried blood cell microscopy is an exceptional tool that can uncover potential reasons for disease immediately and right before your eyes. In combination with other tests (heavy metals, free radicals, food sensitivities and acid-alkaline balance) commonly performed by naturopathic doctors, live blood analysis helps to streamline your medical treatment and assist in identifying the underlying cause of illness or preventing it from occurring in the first place.



Dr. Maxim will perform Live Blood Analysis and other tests at OSUMEX booths 229, 230 on Saturday and Sunday.

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1:00 pm - 1:45 pm

MAGNETIC THERAPY FOR WELL BEING

with *Ruth Murray*

Discover how magnetic therapy is a godsend for any disorder and harmful to none! Magnetic energy is the strongest natural force in the universe and the power of magnets is one of the most basic powers of nature. The use of magnet therapy for health and well-being has an ancient history dating back thousands of years. The application of a supplementary magnetic field ensures that vital magnetic energy is available to polarize the cells – resulting in increased energy and a sense of well-being.

Available afterward for questions at **SERENITY 2000** booth 188

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2:00 pm – 3:00 pm

FILL YOUR KITCHEN WITH FRESH LIVING FOOD THIS WINTER

with *Steve Meyerowitz, Sproutman® (Barrington, MA)*

Food is being delivered to us from farther and farther away. But what if you could grow the "World's Healthiest Vegetables" in your apartment without soil? Join Steve Meyerowitz. "Sproutman®" as he demonstrates how you can grow



your own victory garden of fresh organic foods and become more independent of the commercial food network. It's easy. It's delicious. Kids love it. It's "One week from seed to salad®." Find out how to grow these amazing living foods and how they can both nourish and heal you.



Available afterward for questions at UPAYA NATURALS booths 35-37

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3:15 pm - 4:00 pm

ANCIENT HEALING METHODS FOR FUTURE GENERATIONS

with Jason Quitt

As our modern world becomes increasingly more advanced, the ancient traditions of healing and wisdom of the natural worlds have been almost completely lost. We have forgotten that there are thousands of years of tried and tested natural healing systems utilized since the beginning of human consciousness. This knowledge has been gained through our deep connection to the natural world around us. Join Jason Quitt in reconnecting to our most ancient forms of healing through Energy Work, Postures, Stones, Sounds and Sacred Geometry.



Available afterward for questions at AMBERSOL & THE CRYSTAL SUN booths 217, 218

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4:15 pm - 5:00 pm

THE POWER OF WILD CHAGA, BIRCH BARK, WILD BERRIES, WILD GREENS

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

Get your vitamins naturally. 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 HEALTHY PLANET booths 226-228

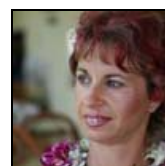
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5:15 pm - 6:00 pm

HO'OPONOPONO – THE ANCIENT WISDOM 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 power within? Join us and learn the secret of living without fear, anger or self doubt, and experience once again joy and peace in your heart. Huna-Ho'oponopono is the secret, the way, the art of problem solving – body-mind-soul. Luciana is an international speaker, and consultant, whose life work is to give people the vital tools they need to heal their lives.



Available afterward for questions at LUCIANA'S WHOLISTIC HEALING & VERONICA'S CRYSTAL HEALING booth 111

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6:15 pm – 7:00 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 97

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Stage Two

11:30 am - 12:30 pm

WEIGHT LOSS NUTRIENTS THAT WORK

with Ryan Foley, BSc.

Join us for a review of the three best weight loss nutrients, the science behind them, and how they work to effectively and safely reduce body weight. "I built Nuvocare Health Services because I wanted to offer people the world's best research-substantiated government approved natural health care products and dietary supplements that truly make a difference in people's lives." (*Canadian Business Journal*)



Available afterward for questions at NUVOCARE booth 149

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12:45 pm - 1:30 pm

INTRANASAL LIGHT THERAPY IS THE LIFE LIGHT

with Lew Lim

Since the introduction of Intranasal Light Therapy to North America a year ago, acceptance of the tool as a natural healing technology has been sensational. Its secret is based on stimulating the body to heal itself, with no side effects. New breakthroughs have been made in healing the brain and neural system. Lew Lim will present the science and evidence, as well as ongoing research in this area, supporting its new tag as "The Life Light."



Available afterward and throughout the weekend for questions at INTRANASAL LIGHT THERAPY booths 150, 151

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1:45 pm - 2:30 pm

HEAL, REJUVENATE, TRANSFORM YOUR LIFE WITH SOUL POWER

with Master Lynne Nusyna, M.Ed

Beyond mind over matter, enter the universe of soul over matter. Prepare for the next evolutionary shift for humanity when your soul will be the "boss" of your life. Divine channel, Master Lynne Nusyna, will guide you to harness and experience your soul's power. Receive a special soul healing blessing with Divine Healing Hands, an extraordinary ability being shared with humanity in this time of mass transition on Mother Earth. This time is now! Join us and experience Soul Power!



Available afterward for questions at MASTER SHA'S SOUL HEALING CENTRE booth 170

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2:45 pm - 3:30 pm

PROBIOTICS: MEDICINE FOR THE 21ST CENTURY

with Nelson Narciso, DNM

Probiotics are turning up in everything from chewing gum to orange juice, and cereal to protein bars these days. But, do you really know what probiotics are all about? In plain, simple language, Nelson Narciso will help you understand why many scientists, allopathic and holistic doctors alike are calling probiotics the "medicine for the 21st century."



Available afterward for questions at PROGRESSIVE NUTRITIONAL booth 89.

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3:45 pm - 4:30 pm

FACTS BEHIND ALZHEIMER'S DISEASE TREATMENT

with Darrick Kim, PhD (Chicago, Illinois)

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 healthcare system over \$200 billion 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 and rejuvenate damaged neurons using a specific combination of natural superfoods.



Available afterward for questions at EPHRA-KAY INTERNATIONAL booth 122

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4:45 pm - 5:30 pm

MIRACULOUS HEALING POWER OF QI GONG

with Teresa Yeung



Master Teresa Yeung will demonstrate how you can be in charge of your physical and emotional bodies with qi gong. Her "Accelerated Qi Gong Techniques" speed up healing quickly and easily. Join her lecture and practice "qi gong" together. Learn how qi gong heals diabetes, eye problems, pain, fibromyalgia, chronic fatigue, IBS, allergies, autoimmune problems and cancer. Master Teresa has over 17 years of qi gong experience teaching therapists how to "project Qi energy" to their clients.



Available afterward for questions at WU & YEUNG QI GONG WELLNESS booth 121

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5:45 pm - 6:30 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. Mitreya says: "without sharing there is no justice, without justice there is no peace, without peace there is no hope." This is a talk you don't want to miss.



Available afterward for questions at TRANSMISSION MEDITATION booth 160B

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6:45 pm - 7:30 pm

THE INFINITE POWER OF MUSIC

with Robert Haig Coxon

Learn how to go beyond the limits of time and space, to create your new life filled with health, happiness, and abundance. Composer of "The Infinite ... Essence of Life" and "The Silent Path," Robert has performed and lectured to audiences of thousands in over 25 countries. "We discover the profound healing that his work brings to our hearts.... A healing that lingers long after the music ends." (Gregg Braden, author of *The God Code*).

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Sunday Speakers - November 11th, 2012

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Lecture Hall 206 A,B

10:30 am - 11:15 am

WHY RUSSIANS ARE BUILDING PYRAMIDS IN SIBERIA

with *Radmilo Anicic*

Over 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. Valery 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; pyramids are antennas and amplifiers of "life force;" how the pyramid's energy field corrects/purifies all materials nearby, especially water; and what will happen in 2012.

Available afterward for questions at **BLISSFUL HEALTH** booth 153

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11:30 am - 12:15 pm

IS STRESS MAKING YOU SICK?

with *Frank Silva, ND*

You're burning the candle at both ends, fuelling up on caffeine and energy drinks, and getting nowhere fast! Each year, increasing numbers of Canadians are overstressed and fail to find healthy ways to cope. In this informative lecture, learn the early warning signs of too much stress; make the connection between stress and your immune system; and more importantly, discover natural options to help you fight stress and feel healthier.

Available afterward for questions at **SISU / HOOPE'S PHARMACY** booths 57-64



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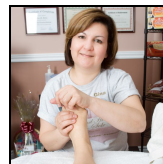
12:30 pm - 1:15 pm

REFLEXOLOGY - PAST, PRESENT, AND FUTURE

with *Gina Bello, RCRT*

Reflexology is an ancient hands-on therapy applied to the extremities that may assist with a variety of health challenges. Find out what reflexology is, where it originated, what is happening now in the field, and where it is going. We will discuss and demonstrate how applying pressure on specific areas of the feet may relieve headaches, sinus congestions, and low back pain. Feel the power of this all-natural healing therapy using your hands to practise on your feet.

Available afterward for questions at **REFLEXOLOGY ASSOCIATION OF CANADA** booth 124



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1:30 pm - 2:15 pm

SHAMANISM AND ENERGY PSYCHOLOGY: A NEW PARADIGM

with *Gaisheda Kheawok*

Tribal Teachings and Soul Based Energy Medicine™ affirm that we are one with all aspects of the Creation Story. Individual psychological and spiritual growth cannot be separated from the collective consciousness of the



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growth cannot be separated from the conscious, the consciousness of the Earth, her Elemental Teachers, or the rhythms of the solar/lunar calendars. Learn how to bridge SBEM™ and Energy Psychology. Infuse the sacred alchemy of the earth mysteries in the resolution of emotional distress to create sustainable and integrated wholeness in your life. Gaisheda Kheawok is a Tribal Elder, Founder and Director of the Whispering Song School of Energy Medicine (a centre for Shamanic Studies), and member of CAIET.



Available afterward for questions at WHISPERING SONG booths 177, 178

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2:30 pm - 3:15 pm

EARTH'S ASCENSION AND LIGHT CRYSTALS

with Peter Schnell, B.A.Sc (Brookside, Nova Scotia)

This talk will describe how crystal energies have been used in the past and present to raise consciousness and energies on the planet. Archangel Metatron, the Crystal Angels and Ascended Masters will be presented as well as their Higher Plan for bringing the Divine Crystal Sphere back to earth. As the earth's vibration increases and prepares for ascension, the Litios Light Crystals and their connection to these crystalline spheres can assist us in making the transition together with her. We will do a short meditation using the Gate of Ascension which will allow you to connect to the crystal spheres and the Ascension Energy.



Available afterward and throughout the weekend at LITIOS CANADA INC. booth 238 for questions

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3:30 pm - 4:15 pm

HONOURING AND SERVING THE BODY'S VITAL ELECTROMAGNETIC NEEDS

with Liala Epstein

EarthCalm EMF Protection Products and Photonic Water Structuring Units use Laws of Nature to help the body naturally and effectively 1) derive the healthy and healing electromagnetic signals Nature provides in food, water and the Earth's electromagnetic field; and 2) rid harmful signals from toxins, electricity and wireless technology. Liala will discuss the significance for physical, emotional and mental functioning, reported health and agricultural benefits, testing and endorsement by renowned scientists and relevance to the 2012 shift in human consciousness. Audience members will have an opportunity to experience the products' effects.



Available afterward for questions at ADVANCED HEALTH TECHNOLOGIES booth 209

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4:30 pm - 5:15 pm

CANADA'S NEW FOOD SAFETY LAWS. KNOW WHAT DANGERS CAN NOW BE IN YOUR FOOD, LEGALLY.

with Shawn Buckley

Mr. Buckley will outline the shocking changes now in effect with the passing of Bill C-38. Known as the Omnibus Bill, it contained changes to 70 laws in one massive document passed by Parliament this summer. Learn about what safeguards have been erased and how you will no longer be able to tell if your food is safe. To this day MPs still do not know its unpredictable ramifications, let alone the general public. Knowing why food safety is no longer a guarantee in Canada can help you make better choices to protect yourself. Shawn Buckley is a constitutional and criminal lawyer; president of the Natural Health Products Protection Association (www.nhppa.org) and an expert in the Foods & Drugs Act. The NHPA's Legal Challenge, Charter of Health Freedom and UPLAR will also be discussed.



Available afterward for questions at the NHPA booth 260. Shawn will also be available Saturday and Sunday.

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Lecture Hall 205

11:00 am - 12:00 pm

SMART METERS AND WIRELESS GADGETS – ARE THEY SAFE?

with Dr. Andrew Michrowski, Ph.D. (Ottawa, Ont.)

Learn how to deal with the authorities over increasing exposure to microwave technologies. Government and judiciary interventions can be on your side to help you improve your health and address your safety concerns. Visit www.essentia.ca for more information.



Available afterward for questions at ESSENTIA booth 247

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12:15 pm - 1:00 pm

HIGH BLOOD PRESSURE, CHOLESTEROL, BLOOD SUGAR – NOW YOU HAVE IT, NOW YOU DON'T

with Dr. Elie Klein BSc, ND



Want to avoid being a statistic to the number one cause of death in the western world? Want to have more energy and vitality? Want a heart that keeps on ticking? Learn the common misconceptions and true causes of heart disease, simple ways to lower your cholesterol, blood pressure, and/or blood sugar... naturally. Dr. Klein is author of the upcoming book, *Read This If You Have A Heart: The Book on Restoring Blood Pressure, Cholesterol and Other Cardiac Problems Naturally*. Visit www.innotechnutrition.com for more information.

Available afterward for questions at INNOTECH NUTRITION booth 88

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1:15 pm - 2:00 pm

THE BODY SHAPE DIET – SECRET TO PERFECT HEALTH

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



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 HEALTHY PLANET booth 226

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2:15 pm - 3:00 pm

WELLNESS BASED DENTISTRY FOR YOUR GREAT SMILE AND BEST HEALTH

with Dr. Dana Colson, DDS



Silver fillings, also called amalgam, are comprised of 50% mercury, 30% silver with remaining amounts of copper, tin and zinc. Dr. Colson will provide an informative and entertaining presentation about the role of the mouth in wellness. When the health of our mouth is optimized, many exciting changes can occur in our wellness quotient. Learn about safe amalgam removal protocols and biocompatible materials; the mouth-health connection; and creating a great smile. Visit www.allsmiles.ca for more information.

Available afterward for questions at DR. DANA COLSON booths 119, 120

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3:15 pm - 4:00 pm

DEEP HEALING WITH WHOLE AND LIVING FOODS

with Caroline Dupont, M.Sc., RHN, RYT



What choices make the biggest difference on a plant-based diet? What are the biggest mistakes on raw and vegan diets? How can we avoid the most common deficiencies? How can we learn to listen to our bodies and take our diets to the next level? Author of *The New Enlightened Eating*, Caroline will share from her 25 years of exploring healing through plant and living foods, and teaching thousands of students, nutritionists and clients.

Available afterward for questions at CANADIAN SCHOOL OF NATURAL NUTRITION booth 141

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4:15 - 5:00 pm

COPING WITH PARKINSON'S

with Paul Ciaravella



In 2009 I was diagnosed with Parkinson's. I could not talk properly nor could I write my name. After trying many methods, I began to get better in March 2012. The things that have contributed to my recovery include raw foods and various vitamins, minerals and oils. Exercising also played a key role. I tried Chelation, detoxing, and cleansing, always keeping a positive attitude. The brain needs fats, since 75% of it is made of fats, therefore the addition of coconut milk and oils have all had a positive affect on me. Come and hear my story.

Available afterward for questions at AWARENESS PRODUCTS booth 77

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Lecture Hall 206 D,F

10:30 am - 11:15 am

BEST ADJUNCTIVE THERAPIES THAT BEAT CANCER NATURALLY with Ahmad Nasri, B.Sc, DHMHS, BPCT, BFS

This lecture will provide an updated list of the most effective alternative therapies that are currently used as adjunctive treatments for cancer. Homeopathic doctor Ahmad Nasri will present an ideal holistic program that is offered at his clinics, which includes advanced testing methods and individualized targeted therapies.



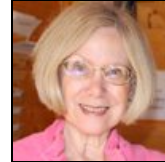
Available afterward for questions at VITALITY MAGAZINE booth in the front hallway

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11:30 am - 12:15 pm

NATURAL NUTRITION FOR THE WHOLE FAMILY with Judy Gray, M.Sc. (Chicago, Ill.)

Whether infants, toddlers, children, teenagers, or adults – all need nutritional guidance and care. In this talk, Judy Gray, author of Kids Need Care, will describe how to save money and feed babies better with fresh 5-minute baby food. As well, she will explore the power of natural B vitamins for ideal health and growth, what minerals keep your child calm and stabilize blood sugar, and how special foods improve mood and behaviour. Learn how nutritional deficiencies impair the development of the brain, bone, and organs, and what you can do to improve the health of your family.



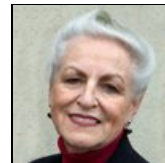
Available afterward for questions at HEALTHY PLANET booth 227

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12:30 pm - 1:30 pm

INTEGRATIVE HEALTH SERVICES – THE MEDICINE OF THE FUTURE

with Dr. Paul Jaconello, MD;
Dr. Adrian Nasager, ND;
Dr. Okana Sawiak, DDS, IMD,
MAGD, AIOMT



How do you stay healthy, vibrant and make educated choices in your life? Learn skills you can start using today to improve your self-efficacy and be able to stick to a routine for better health. Come and learn how you can address environmental stress, electromagnetic pollution, heavy metal burden, aging related deficiencies, obesity, digestive problems, allergies, cardiovascular disease, chronic fatigue, and hormone imbalance therapies include a combination of traditional medicine, functional medicine, and energy medicine. Visit www.jaconello.com for more information.

Available afterward for questions at PARTNERS FOR YOUR WELLNESS booth 102

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1:45 pm - 2:45 pm

REVERSE INFLAMMATION AND REDUCE YOUR RISK OF DISEASE with Dr. Zoltan P. Rona, M.D., M.Sc.

Inflammation is the number one reason that an individual consults any health care practitioner. Arthritis, gastritis, colitis, dermatitis, nephritis, and cystitis are some of the common inflammatory conditions that bring people to their doctors every day. Inflammation is also a crucial factor in heart disease, cancer and diabetes. In many cases it responds well to diet changes and natural anti-inflammatory agents. Steroids, non-steroidal anti-inflammatory drugs and immunosuppressive drugs may not always be necessary. Learn what you can do to reduce or eliminate inflammation naturally. Includes a discussion of omega-3 oils, vitamin D, serrapeptase, bromelain and other enzymes, vitamin C and vitamin E. Visit www.hoopershealth.com for more information.



Available afterward for questions at NAKA / HOOPER'S PHARMACY booths 57-64

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3:00 pm - 3:45 pm

PROTECT YOURSELF FROM PARASITES, VIRUSES, AND BACTERIA with Dr. S. Zabol, BScN, BA, ND

This lecture will look at solutions to the problem of infectious bacteria and viruses, as well as the dirty electricity now invading our homes, schools, and businesses. Dr. Szabol will reveal how to clear

these pollutants from our air and food using electronic restructuring devices. You are invited to step into a world where electricity can be used to kill bacteria, viruses, and parasites in minutes using a technology with 80+ years of clinical research behind it.

Available afterward for questions at BIOTRONIX RESEARCH booth 204

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4:00 pm - 5:00 pm

PREVENTING AND TREATING CANCER, DIABETES AND MORE WITH NUTRITIONAL MEDICINE

with 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 the Institute of Holistic Nutrition. Visit www.instituteofholisticnutrition.com for more information.



Available afterwards for questions at INSTITUTE OF HOLISTIC NUTRITION booth 115 for questions

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Stage One

11:00 am - 11:45 am

THE SCIENCE ON SWEAT

with Rodney Palmer

Groundbreaking new science has revealed the shocking toxicity of human sweat. Doctors at the University of Alberta have discovered sweat is 10 times more toxic than other bodily fluids. This lecture reveals how the world's elite environmental doctors are turning this information into a revolution in health, preventing and treating disease with "sweat treatments". Rodney Palmer is

owner and designer of SaunaRay. He studied heat therapy in 12 countries prior to designing infrared saunas for North America's medical industry.

Available afterward for questions at SAUNA RAY booths 253, 254



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12:00 noon - 12:45 pm

HEALTH – IT'S ALL ABOUT CONSCIOUSNESS

with Ivan Rados

This lecture aims to increase your understanding of the process of health and the state of disease, and will empower you to realize that we are in charge of our health. You will be given tools to achieve health, techniques for elevation to a higher spiritual level and self-healing, and learn how to get instant relief of many physical/emotional symptoms. Experience a greater sense of connection with wholeness, increased happiness, and contentment.

Available afterward for questions at booth 166



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1:00 pm - 1:45 pm

REVERSING NEAR-SIGHTEDNESS

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

Ortho C can reverse near-sightedness 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 – safety and naturally.

Available afterward for questions at THE EYE FIX booth 134B



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2:00 pm - 2:45 pm

HOLISTIC APPROACH TO TOOTH REPLACEMENT

with Dr. Michael Schecter, DDS

This lecture explores the pros and cons of various tooth replacement options including dentures, bridges and implants. Dr. Schecter will initiate a conversation revolving around reasons for missing teeth including the root canal controversy. Material choice, pre-surgery hygiene and post surgical products will be discussed including natural products and alternatives to



pharmaceuticals.

Available afterward for questions at SCHECTER DENTAL booth 148

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3:00 pm - 3:45 pm

CHANGE THE FUTURE IN THE PRESENT MOMENT

with Sainoor Premji

The world we create is usually based on what our subconscious mind feels we want, and what it feels is what we can deal with. What happens when the subconscious mind and conscious mind have different visions and goals? How do you align both minds to give you the most productive and abundant you?



Available afterward for questions at HEALTHIZAR NATURAL HEALING INC booth 135

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4:00 pm - 4:45 pm

BALANCING YOUR PHYSICAL AND SPIRITUAL BODIES

with Craig Nicholson

Our physical and general health relies on balance in our physical, emotional, mental and spiritual bodies. An imbalance in any one is profoundly detrimental to our health on all levels. Learn how to balance your bodies and unleash your full potential. The Ascended Masters see us as we really are, as amazing holistic beings, stuck in our self-limitations, karma and environment. Come and share in their ancient and modern wisdom. Balance your life and find your passion.



Available afterward for questions at TORONTO TEACHING CENTRE booth 175

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Stage Two

10:15 am - 11:00 am

BHAKTI YOGA with Gavra Shakti Band

Chanting the holy "Maha Mantra" by Gavra Shakti Band. Transcendental Vibration for meditation.

Sponsored by GOVINDA'S / ISKCON booth 14

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11:15 am - 12:00 noon

THE THREE FACES OF GLUTEN INTOLERANCE

with Marva Ward

More than 100 symptoms from serious digestive disorders to neurological and mental health conditions have been linked to gluten intolerance. Join Marva Ward for a discussion on how gluten sensitivity affects the absorption of nutrients, and how to bring yourself back to a healthy digestive state with supplements and specific diet tips. Marva Ward is a practising Certified Nutritional Practitioner and Nutritional Educator. She is a contributing editor for *Vista Magazine* and a frequent guest on many health-related talk radio shows.



Available afterward for questions at PURESOURCE booth 87

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12:15 pm - 1:00 pm

SUPPLEMENT SAFELY WITHOUT THE ALLERGENS

with Joel Thuna, MH

Sensitivities and allergies are at an all time high. Nuts, soy, gluten, salt, wheat, dairy, animal byproducts, fish, dyes, and corn are just a few ingredients of concern. People with allergies are by definition nutritionally deficient, requiring added supplements. Learn how you can safely supplement regardless of your dietary restrictions, as Joel presents an informative lecture on obtaining optimal nutrient levels while preventing allergies and sensitivities.



Available afterward for questions at PURE-LE NATURAL / GLOBAL BOTANICAL booth 73

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1:15 pm - 2:00 pm

THE ANCIENT SECRETS OF VASTU

with Brian Gangel, Vastu Master

Vastu is the 40,000 year old science of architecture. It is based on geometric



vastu is the 10,000-year-old science of architecture. It is based on geometric principles of design. It is the utilization of source energies to create the most powerful harmonious living environments. Outrageous future potential awaits you: sell your house faster and for more money, lower your stress levels, create a more joyful living space for you and your family, enjoy positive energy and love your home again. Learn the secrets to the millionaire's home!



Available afterward for questions at NEW MILLENIUM LIVING LTD booth 99

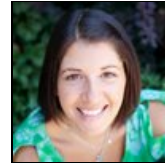
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3:15 pm - 4:00 pm

UN-DIET FOR VIBRANT HEALTH

with Meghan Telpner, Nutritionista

Meghan Telpner, a sought after media personality and author of the forthcoming book *UnDiet* (April 2013), will inspire you to break rules, make love in your kitchen and live the life of your dreams. A Culinary Nutrition educator and certified nutritionist, Meghan has developed hundreds of recipes through playing in her kitchen- using taste, texture and nutrition to guide her creations. Her passion for living vibrantly is contagious and her entertaining and educational teaching style initiates lasting change in those she works with. Using top quality ingredients from Prana, Meghan's demonstration will show you incredibly simple ways to get the very best into your diet (and the diet of those you may be attempting to convince) on a daily basis and make it taste amazing. The effective strategies, helpful tips and tricks and nutrition wisdom Meghan will be sharing will have you UnDieting your way to vibrant health - and having tons of fun along the way. Meghan has appeared on *The Marilyn Denis Show*, *Breakfast Television*, *Cosmo TV* and in *Glow Magazine*, *Chatelaine*, *The National Post*, *Huffington Post* and more



Available afterward for questions at PRANA booth 23

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4:30 pm – 5:15 pm

ASEA: VITAL FOR CELLULAR HEALTH & LONGEVITY

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

New breakthrough science reveals that Asea leads the health revolution as the first and only consumer source of vital Redox Signaling molecules. These molecules can positively affect virtually all the body's systems and organs. Asea offers distinct anti-aging capabilities, as its Redox Signaling molecules are critical to activating antioxidants to reduce free radicals. Recent studies demonstrate increased antioxidant effectiveness of over 500%, supporting immune cells communication and effectively repelling unwanted health threats. Clinically studied, tested, and proven.



Available afterward and throughout the weekend at ASEA booth 128

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