



November 22, 23, 24 2013 • Metro Toronto Convention Centre

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## Friday Speakers - November 22nd, 2013

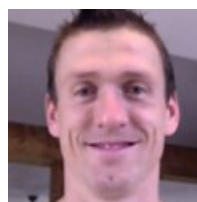
Lecture Hall 206 A,B    Lecture Hall 205    Lecture Hall 206 D,F    Stage One    Stage Two

### Lecture Hall 206 A,B

4:45 pm - 5:30 pm  
THE PURPOSE OF CANCER  
with Paul Leendertse, B.Sc

Cancer cells grow in response to the accumulation of chronic stress in the physical, mental, emotional and spiritual realms of our lives. Science has shown that cancer cells are equipped with traits that help the body cope with stress. To overcome or prevent cancer, we must identify the root causes of stress and remove or reduce them to the point where the body no longer "needs" cancer cells.

Available afterward at WHEEL OF LIFE booth 165A.



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5:45 pm - 6:45 pm  
PREVENTION IS EASIER  
with Shooka Monazami, B.Sc, Nutritionist

In this presentation, Shooka will explore how to design an individualized health plan to achieve optimal health and prevent dis-ease. Learn how to listen to your body and mind, ask the right questions and become proactive regarding your health. Discover how a live cell microscopy test can help determine the best steps to achieve total health.

Available afterward at SMITH'S PHARMACY booths 52 - 69.



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7:00 pm - 7:45 pm  
SELF HEALING FOR THE 21st CENTURY  
with Naseer Ahmad

Naseer Ahmad, whose book on past life memories was published in 1990, has researched and published works in the fields of autism and mental health, as well as the emotional and spiritual roots of other illnesses. This ancient method of self-healing is called Spiritual Healing in the Way of Atlan.

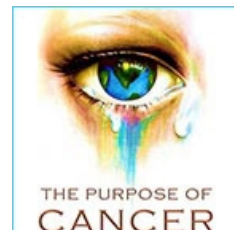
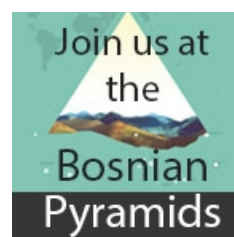
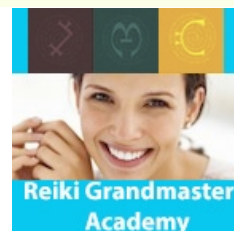
Available afterward for questions at ATLAN HEALING CENTRES booth 102.



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### Lecture Hall 205

4:45 pm - 5:45 pm



BUDDHA MAITREYA THE CHRIST, AWAKEN THE SOUL MEDITATION  
with Ani Patty, Buddhist Nun

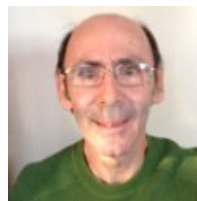
Available afterward for questions at BUDDHA MAITREYA SHAMBHALA  
HEALING TOOLS booth 224.

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6:00 pm - 6:45 pm  
STOP SHAKING AND START LIVING  
with Paul Ciaravella, Nutrition Counsellor

Come and learn how author Paul Ciaravella, who was diagnosed with Parkinson's disease, utilizes a number of natural products, supplements, probiotics, nutrients, and a daily health regimen to control his symptoms and create a better quality of life.



Available afterward at AWARENESS LIFE WORLDWIDE booth 104.

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7:00 pm - 7:45 pm  
THE HULDA CLARK PROTOCOLS FOR CANCER  
with Evelyn Krpan

A long time proponent of the Dr. Hulda Clark protocols, Evelyn Krpan will discuss why many other practitioners are also using Clark's advanced technology to discover both the cause of cancers and other diseases, and how to fight them. While exercise and nutrition are beneficial, there are more powerful tools for living a longer and healthier life.

Available afterward at HARMONIX booth 203.

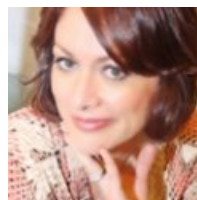
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#### Lecture Hall 206 D,F

4:30 pm - 5:15 pm  
LOOK AND FEEL 10 YEARS YOUNGER - ALL  
NATURALLY!  
with Camille Jarmusz

Discover State-of-the-Art simple ways to create the skin of your dreams without surgery, needles or chemicals. Learn how to shed years in minutes with this certified organic, plant-based treatment. Discover how Camille's physician-endorsed, clinically-proven skin care protocol will release the old and bring new energy and rejuvenation to even the most sensitive skin.



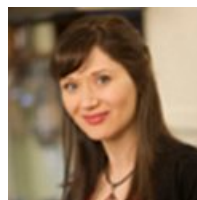
Available afterward at NATURAL IMAGE CARE booth 134B.

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5:30 pm - 6:30 pm  
HOW THE ANTI-INFLAMMATORY DIET CAN HEAL  
CHRONIC DISEASE  
with Julie Daniluk, R.H.N.

Bestselling author and TV host, Julie Daniluk, shares her story about how she healed chronic inflammation with powerful anti-inflammatory foods. 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.



Available afterward at ASCENTA/SMITH'S PHARMACY booth.

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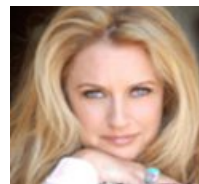
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6:45 pm - 7:45 pm



MANIFESTING ABUNDANCE WORKSHOP  
with Gail Thackray

Meet Gail Thackray, author of '30 Days To Prosperity: A Workbook to Manifest Abundance', and learn how to create the life you want by programming your subconscious to manifest money, better relationships and all that you want. A spiritual educator and healer, Gail will use her mediumship abilities to clear your energy blocks so you become a stronger channel to manifest what you desire.



Available afterward at GAIL THACKRAY booth 251.

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Stage One

5:30 pm - 6:15 pm  
DREAMS - CREATING A GOOD LIFE  
with Jeanne von Bronkhorst, MA, MSW

Our dreams can startle us with images of our future, leading us to wonder what they mean. Science has not yet explained premonitions, but meet Jeanne, the author of 'Premonitions in Daily Life', and learn how these common, extraordinary events can assist in the balancing of our lives.



Available afterward at INT'L ASS'N FOR THE STUDY OF DREAMS booth 164A.

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6:30 pm - 7:15 pm  
RADIATION AND ELECTRO-HYPERSENSITIVITY ... A WAKE-UP CALL  
with Veronica Ciandre, Electrohypersensitive

After exposure to high levels of radiation from 10 cell antennas located on the roof of her apartment, Veronica began exhibiting symptoms of radiation toxicity. Forced to move, and later diagnosed with severe Electro-Hyper-Sensitivity, she successfully managed to redefine her body's reaction to the irradiated soup that is our collective environment. Veronica, who now counsels other EMF sufferers, shares her journey and the steps she took back to well-being.



Available afterward at ISOLA JEWELLERY booth 234B.

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7:30 pm - 8:15 pm  
ENERGY MANAGEMENT 101  
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 alternately, they are taking what they need. Not being aware of your energy field, or not 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 at HEAD TO HEAL booth 97.

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Stage Two

4:45 pm - 5:15 pm  
TRIBAL SPIRIT - A CELEBRATION OF TRIBAL MUSIC



## TRIBAL SPIRIT - A CELEBRATION OF TRIBAL MUSIC

Honouring the music of Tribal Spirit, join us for a positive blessing of love and good intentions and an alchemical healing momentum that supports all members of the Earth Tribe. We will celebrate the Medicine of the Drum and its magical heart beat. Gaisheda Kheawok, A Tribe Called Red, and The Whispering Song Drum Group will be featured along with the Sound of Tribal Spirit Music.



*Available afterward at TRIBAL SPIRIT booth 185, 186.*

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5:30 pm - 6:15 pm  
CHAGA: KING OF MEDICINAL MUSHROOMS  
with Blair Kovacs

The Chaga mushroom is one of nature's most powerful anti-oxidants, a source of 200+ photo-nutrients, an abundant source of vitamins and minerals, a powerful anti-stress nerve tonic, and a natural health food supplement supporting the human adrenal glands and digestive organs. Learn all about the 'King' of medicinal mushrooms.



*Available afterward at ANNANDA CHAGA booth 26B.*

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6:30 pm - 7:15 pm  
BENEFITS OF INDIAN HEAD MASSAGE  
with Mr. Manmohan Sing Nagpal

This lecture will include a detailed description of the various techniques and numerous benefits of Indian Head Massage.



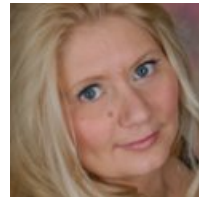
*Available afterward at HERBALVEDA booth 183.*

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7:30 pm - 8:15 pm  
ALCHEMY OF THE HEART - ANIMAL SOUL LINKING  
with Charlotte Szivak, Animal Communicator (Hamilton, ON)

Explore the Alchemy of the heart with Charlotte, radio show producer, host and spokesperson, as she leads you through a series of meditation techniques to assist with igniting the Language of Light, thus infusing a deeper connection and understanding with your furry companions.



*Available afterward for questions at booths 152, 153.*

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## Saturday Speakers - November 23rd, 2013

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  
**ESSENTIAL NUTRIENTS FOR A HEALTHY BODY**  
*with Paul Demeda, Holistic Nutritionist, CNP*

Nutrients play important roles in maintaining health and promoting healing. However, many people are unaware of which nutrients are essential, how much they need, why, or how to tell if they are indeed nutrient deficient. The orthomolecular perspective on the use of nutrients focuses on determining and addressing individual needs, while considering relevant nutritional research and human biochemistry. Come and find out more.



Available afterward for questions at **INSTITUTE OF HOLISTIC NUTRITION booth 115.**

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1:00 pm - 1:45 pm  
**HOW PAST LIVES AFFECT YOUR HEALTH TODAY**  
*with Jane Durst Pulkys, BSc NNCP CNP*

Recurring or chronic health issues can be like recurring dreams, representing unfinished business or lessons still to be learned from your past lives. What spiritual messages can health problems bring? How does spiritual healing occur? What spiritual techniques can be used to help with health issues? At this workshop, you will be able to discuss these questions, share experiences, and gain techniques to explore health issues from a spiritual perspective. Jane is a Holistic Nutritionist who has taught "The Psychology of Disease" at the Institute for Holistic

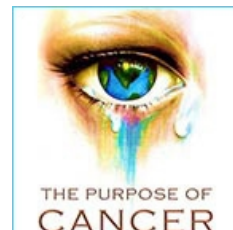
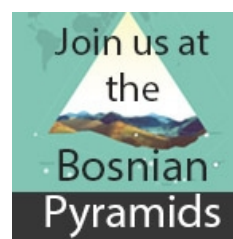
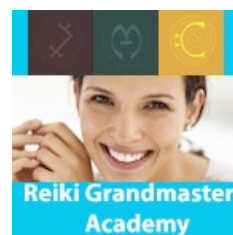
Nutrition in Toronto.

Available afterward for questions at **ECKANKAR booth 155.**

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2:00 pm - 2:45 pm  
**STILL BETTER THAN BOTOX - ACT YOUR AGE, DON'T LOOK IT**  
*with Kristen Ma*

Is aging skin making you go chemical? Kristen Ma, author of Beauty Pure+simple, and known as Toronto's "Best Facialist in the City," will show you how to get beautiful skin naturally. Learn the five most potent natural anti-aging ingredients and three non-invasive facial treatments to reduce wrinkles, pigmentation and loss of tone and, at the same time, restore your skin's glow. First 100 people will receive a sample pack of anti-aging serum + moisturizer.



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

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3:00 pm – 3:45 pm  
7 KEYS TO ULTIMATE HEALTH  
with Brad King MS, MFS

Did you know that small lifestyle changes can lead to BIG health rewards? It's true! Join nutritional researcher and bestselling author, Brad King, as he shares how you can achieve unlimited energy, burn body fat 24 hours a day, and reduce the dreaded muffin tops and beer bellies. He will also discuss how to improve your mood, reduce your stress levels so that you can finally get a good night's sleep once and for all and, most importantly, ignite your sex life! This is a talk you don't want to miss!



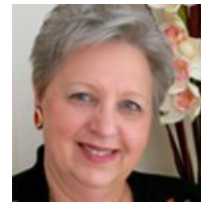
Available afterward and throughout the weekend at *PREFERRED NUTRITION / HEALTHY PLANET* booth 226 - 228.

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4:00 pm - 4:45 pm  
GOLD - THE BEST KEPT SECRET!  
with Rev. Alicja Aratyn, M. Eng

In this presentation, Alicja will discuss Gold, from its chemical and alchemical traits, to its vibrational and spiritual qualities. She'll explain why Gold is the most sought after commodity in the world, and why people use Gold as an exemplification of social status and wealth, and as a sign of spiritual awakening and development. What are the attributes of the frequency of Gold? How do you benefit from it? In the Aquarian Age, also called the Golden Age, the value and meaning of Gold is definitely worth understanding.



Available afterward at *ALICJA CENTRE OF WELL-BEING* booth 210.

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5:00 pm - 6:00 pm  
ICELAND – HEALING AT THE HEART OF THE EARTH  
with Sandra Moon Dancer, B.Sc, M.H.Sc.

Iceland is the land of fire and ice, a place of healing, magic and peace. Experience the heart chakra of Mother Earth, with beautiful photos of her people and the revival of the ancient tradition of sacred medicine wheels. Sandra shares her journey with elder Sequoia-Blue Deer Eagle to the four directions of Iceland, creating medicine wheels, bringing teachings and ceremony for peace. With 30 years experience in the healing and indigenous communities, Sandra Moon Dancer is a renowned shaman and executive director of Centre of Circle Wisdom. Circle Wisdom returns in 2014 to complete the wheels. Do you want to join them?



Available afterward and throughout the weekend at *CENTRE OF CIRCLE WISDOM* booth 172.

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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 143.*

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## Lecture Hall 205

11:30 am - 12:30 pm  
ANTI-AGING AND DISEASE RECOVERY THROUGH THE  
ALKALINE-ACID BALANCE  
*with Roland Jentschura, MSc (Germany)*

Roland Jentschura has researched and studied human metabolism and nutrition for 15 years, with a focus on disease recovery through Alkaline-Acid balance and purification. Roland is an energetic individual who has been speaking in 22 countries worldwide for more than 7 years. When Roland is not giving lectures, he is a consultant to the Austrian Olympic team. He is also the author of numerous publications on health and human biochemistry.



*Available afterward at YOU IN FOCUS PRODUCTS booth 57.*

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12:45 pm - 1:45 pm  
LACK OF ENERGY? STRESSED-OUT? WHAT IS YOUR  
PLAN B? RE-DISCOVER B VITAMINS!  
*with Lanna-Gerline Millien, B.Sc. (Nutrition)*

Have you ever witnessed anyone taking mega-doses of B Complex vitamins to combat depression? How about the use of B12 injections for weight loss? B Complex vitamins are often spoken about in the media; yet their actual health benefits can still remain unclear for some. During this session, we will explore further the benefits of taking B Complex vitamins and the details behind their well-deserved media attention. Also you will learn how these vitamins can become allies in achieving good health.



*Available afterward for questions at LAND ART / SMITH'S PHARMACY booth.*

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2:00 pm - 3:00 pm  
DETOXIFICATION & CLEANSING – PILLARS TO YOUR  
HEALTH  
*with Dr. Terry Willard, Cl.H., Ph.D*

Internal cleansing is considered a cornerstone of good health by many practitioners. Pollutants from the environment in the air, water and foods that we eat, as well as wastes produced from normal bodily processes, can tend to accumulate within the body and lead to congestion. Find out how to improve your health, get back into balance, and enhance all aspects of your metabolism. For over thirty-five years, Terry Willard has studied the medicinal properties of plants. He is recognized as one of North America's leading Clinical Herbalists.



*Available afterward for questions at WILD ROSE / HOOPER'S PHARMACY booth.*

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3:15 pm - 4:00 pm  
RENEW YOUR FOCUS ON YOUR HEALTH  
with Caroline Farquhar, RHN, BA



Did you know that there are over 100 trillion bacteria in the body? One of the most important supplements you can take to improve your overall health is probiotics. Join Caroline Farquhar, Registered Holistic Nutritionist and Director of Education for Renew Life, as she discusses the many benefits of friendly bacteria, including protection from colon cancer, prevention of bowel disease, and strengthening of immune resistance to viruses and bacteria.

*Available afterward for questions at RENEW LIFE CANADA / HOOPER'S PHARMACY booth.*

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4:15 pm - 5:00 pm  
HOW TO ACHIEVE OPTIMAL IMMUNITY  
with Dr. Gaetano Morello, B.Sc., N.D.



The immune system is an elaborate network of cells, tissues, and organs that work together to defend our bodies against attacks by "foreign" invaders. When this system goes wrong it can unleash a torrent of disorders including allergic diseases, eczema, arthritis and even cancer. Come join Dr. Gaetano Morello, who will first demonstrate some of the unknown intricacies of the immune system and then reveal ground-breaking knowledge about how you can improve your overall health by improving the functionality of your immune system.

*Available afterward for questions at NATURE'S WAY / SMITH'S PHARMACY booth.*

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5:15 pm - 6:00 pm  
EPIGENETICS: HOW YOUR LIFESTYLE AFFECTS YOUR DNA  
with Dr. Joel Wallach, DVM, ND (Chula Vista, California)



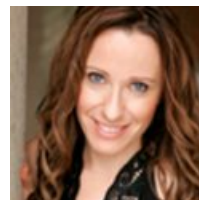
The science of Epigenetics is unlocking significant clues as to how environment and lifestyle can induce changes in the expression of certain genes linked to biological development and disease. Less than 2% of human diseases are the result of genetic destiny. The poor choices we make are being imprinted upon our DNA and passed on to our children. Epigenetics sets the stage for almost every major chronic disease we are witnessing today. Join Dr. Wallach as he explores this fascinating subject, demonstrating the link between lifestyle, gene expression and disease manifestation. He will be speaking about his new and exciting book, Epigenetics, available in the spring of 2014.

*Available afterward and throughout the weekend at YOUNGEVITY CANADA booths 240, 241.*

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6:15 pm - 7:00 pm  
STRATEGIES FOR PREVENTING DEGENERATIVE DISEASE WITH NUTRIENT DENSE SUPERFOOD NUTRITION  
with Renita Reitz



The question of how to optimize well-being, slow down the aging process and minimize degeneration lies in the lifestyle and dietary choices we make every day. In this presentation, Renita will present the most nutrient dense superfood strategies for prevention, regeneration and longevity. The wisdom of our ancestors and the multi-faceted complexity of indigenous nutrition hold the keys to wellness. Discover indigenous superfoods, the oldest forms of nutritional bio-technology: germination and fermentation and the secret of



establishing an optimal biological terrain.

*Available afterward for questions at YOUR ORGANIC SOURCES INC booths 32, 33.*

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### Lecture Hall 206 D,F

11:45 am - 12:45 pm

#### USING WILD FOODS TO RESTORE HEALTH

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



Bring your health and vitality back to 100 % and start eating the foods that nature intended you to eat. Get healthy naturally and have fun doing it with wild foods. 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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1:00 pm - 2:00 pm

#### REVERSE INFLAMMATION NATURALLY

*with Dr. Zoltan Rona, M.D., M.Sc.  
and Dr. Lise Janelle, DC*



Inflammation is the number one reason that an individual consults any health care practitioner.

Arthritis, gastritis and cystitis are just 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 debilitating inflammation naturally. Some of the nutrients that will be discussed are omega-3 fatty acids, vitamins D and C, CoQ10, serrapeptase, pancreatic enzymes, curcumin, N-A-C, selenium, zinc and more. Dr. Rona will be joined in the second half of the lecture by life coach, Dr. Lise Janelle, author and founder of the Centre for Heart Living. Dr. Janelle will show the audience how inflammation is generated by stresses just below our awareness and how to deal with them using techniques like NET (Neuro Emotional Technique) and the Inner Freedom Method.

*Available afterward for questions at NAKA / HOOPER'S PHARMACY booth.*

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2:15 pm - 3:00 pm

#### TREATMENT FROM NATURE FOR ALZHEIMER'S DISEASE

*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 effectively reduce Beta-Amyloid and restore

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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3:15 pm - 4:15 pm

**THE DYNAMIC DUO FOR REVERSING HEART DISEASE**  
*with Dr. Gifford-Jones, MD*

Years ago sailors on long voyages died of scurvy, a severe form of vitamin C deficiency. But the ship's cats never died; they made their own vitamin C. Interviews with Dr. Linus Pauling convinced Dr. Walker that today we are all suffering from sub-clinical scurvy. Coronary arteries, closest to the heart, receive the greatest pressure, and without enough Vitamin C, the collagen weakens, resulting in heart attack. Now, the work of Dr. Sydney Bush shows that Vitamin C plus Lysine can not only prevent atherosclerosis but also reverse this process. Join Dr. Walker as he reviews the research and learn about this potent combination for fighting and reversing heart disease. Dr. Gifford-Jones is a graduate of the U of T and The Harvard Medical School.



*Available afterward for questions at PREFERRED NUTRITION / HOOPER'S PHARMACY booth.*

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4:30 pm - 5:15 pm

**TIPS FROM A CANCER SURVIVOR - HOW TO HEAL NATURALLY**  
*with Brenda Cobb (Atlanta, Georgia)*

There are five key steps to creating optimum health: Nutrition, Mental Thinking, Emotional Healing, Stress Management and Detoxification. Learn about the most important things to do next and find out if food is enough, or if you really need supplements. Do you think organic food is worth the money, and where should you purchase your food? Brenda Cobb, Founder of Living Foods Institute, personally healed cancer without surgery, chemo or radiation. In the process, she got rid of allergies, eczema, psoriasis, rheumatoid arthritis and migraine headaches. She has taught hundreds of thousands of people how to heal any disease, no matter how serious, the natural way. This lecture will teach you exactly what to do right now.



*Available afterward at Living Foods Institute booth 114.*

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5:30 pm - 6:15 pm

**ARE YOU SERIOUS ABOUT CHANGE?**  
*with Bill Little and Ann Sahadath*

Hear about Bill and Ann's journey and how they transitioned from the executive corporate world to a life dedicated to helping others. Immersed in the world of Quantum Sounds and the scalar energy of the IQube Technology, both of their lives radically changed and came into alignment with the journey they were meant to follow. Now their



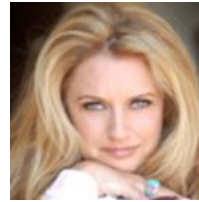
lives are about sharing and bringing these Divine Sciences to help transform the lives of people around the world.

*Available afterward at CLEARLY CONSCIOUS ENERGETICS booth 161*

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6:30 pm - 7:30 pm  
MEDIUMSHIP & HEALING DEMONSTRATION  
with Gail Thackray (Sylmar, California)



Gail is an exceptional psychic and will give a demonstration of her connection to spirit through mediumship and spiritual healing. She will give readings and healings to participants, cutting chords and clearing auras. She will connect you directly to the energy of the enlightened beings that work through her. Gail shares her experiences in Brazil with the healer, John of God, and her other spiritual journeys. Through her powerful group meditation people report spontaneous healings and life changing experiences. All attendees receive a free small Blessed Crystal from Brazil. "The most spiritually moving event I have seen in years." - Inside Look.

*Available afterward and throughout the weekend for questions at booth 251.*

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### Stage One

11:00 am - 11:45 am  
ESSENTIAL OILS: NATURE'S MOST POTENT MEDICINE  
with Corinna Barrus



Did you know that essential oils have hundreds of unique compounds? Because they work at the cellular level, essential oils are working at the root of the problem. Therapeutic grade oils are safer, usually work faster, and often cost less than conventional medicine. Come and learn how to empower yourself to take care of pain, weight loss, sleep issues, stress, cancer, mood, and viral/bacterial infections, all while reducing your toxic load.

*Available afterward for questions at FAMILY AROMATHERAPY / DOTERRA booth 207.*

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12:00 pm - 12:45 pm  
OPTIMIZE YOUR DAY WITH CREATIVE VEGAN  
BREAKFAST IDEAS  
with Stephanie Audet



Stephanie will share with you her favourite Prana ingredients, along with quick and easy ways to incorporate them into your diet. She will walk you through how to prepare wholesome organic, vegan recipes that are 100% delectable! Learn about the power that super foods can have in your life – foods such as chia seeds, raw cacao, lucuma, maca and vanilla. A chef and expert in raw gastronomy, Stephanie Audet's teaching emphasis is on the quality and authenticity of natural foods, and the balance between well-being and pleasure.

*Available afterward for questions at PRANA booth 46.*

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1:00 pm - 1:45 pm  
BRAIN HEALTH  
with Henry Xiong, R. TCMP



A healthy brain can stave off a whole series of health problems as 80% of our health depends on the condition of the brain. Whole body balancing is essential to maintaining a healthy brain. This lecture will explore ways to maintain a balanced body, and thus enhance the function of the brain.



*Available afterward for questions at SAGEE CANADA WELLNESS booth 76.*

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2:00 pm - 3:00 pm  
SPRINGTIME IN DECEMBER – GET OFF THE FOOD GRID NOW  
with Steve Meyerowitz, "Sproutman"



Even if you live in an apartment high above the big city streets, you can enjoy home-grown food! No soil. No green thumb required. Let health crusader and author of the recently published book "The Organic Food Guide: How to Shop Smarter and Eat Healthier" show you how to restore vitality back into your diet, even in the middle of winter. Is it possible to lower your food bill and raise your nutrition? Yes! Learn all about Sproutman's no-soil "Kitchen Gardening" approach and start adding abundant, delicious, organic baby greens and micro-greens to your diet today.

*Available afterward for questions at UPAYA NATURALS booth 35, 36, 37.*

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3:15 pm - 4:00 pm  
THE IMPORTANCE OF BEES TO HUMAN SURVIVAL  
with Oliver Couto, B.A.Hons C.E.T., Beekeeper



Every third spoonful of food we eat is thanks to the honeybee. Why this astounding insect is so important to us will be explained. This talk will also include an outline of the health benefits of the phenomenal products of the beehive - products such as propolis, honey, royal jelly, beeswax, bee venom and bee pollen.

*Available afterward for questions at THE BEE SHOP booth 45.*

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4:15 pm - 5:00 pm  
HO'OPONOPONO - HUNA: THE ANCIENT WAY 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 again joy and peace in your heart. Huna-Ho'oponopono is the secret, the art of problem solving on the body-mind-soul level. 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 booth 111.*

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5:15 pm - 6:00 pm  
ENERGY HEALING AND KUNGFU DEMONSTRATION  
with Great Master Qi Fei-long, TCM



World renowned Qi Gong Master Qi Fei-long, who was invited to Harvard Medical School to demonstrate Qigong as an alternative therapy, will provide a free demonstration of Qi Energy. Watch how internal



demonstration of Qi Energy. Watch how internal healing energy can set fire to a newspaper, stop a clock, twist a steel spoon and break chopsticks with a \$20 bill! Whether the concern is ADD, self-defense or total body health, you will learn how Qi Gong holistic therapies can help to restore and maintain total body health.

*Available afterward for questions at QIGONG WELLNESS CENTER & WORLD SHAOLIN CHANMI KUNGFU ASS'N booth 138.*

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6:15 pm - 7:00 pm  
A PLAN FOR A LESS STRESSFUL WAY OF LIVING  
with Martin Humbel

Economic and political changes are coming. Everyone can help. Use meditative energy for the benefit of all. Learn how sharing and justice help us to accomplish this. Go to YouTube and type 'Martin Humbel' and listen to last year's lecture. This is a talk you don't want to miss!



*Available afterward for questions at SHARE INTERNATIONAL booth 159B.*

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## Stage Two

11:30 am - 12:30 pm  
ORGANIC COSMETICS - FROM THE EARTH TO YOUR SKIN  
with Richard Morin, Vice President of Zorah Biocosmetiques Inc.

A 2008 University of Montreal study showed that 70% of all cosmetics available in Canada claimed to be 'natural', or were advertising a 'natural' or 'organic' ingredient. The truth is: Less than 1% are actually certified organic, or without ingredients harmful to our health or environment. In this lecture, you will learn to easily decipher the list of ingredients in cosmetics, and make better choices for your skin and for the Earth.



*Available afterward for questions at ZORAH BIOCOSMETIQUES INC booth 229, 230.*

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12:45 pm - 1:30 pm  
BABASSU - GOLDEN OIL OF THE AMAZON  
with Lanre Tunji-Ajayi

From Shea butter to Argan oil and now Babassu oil, All Naturals Cosmetics continues to educate the Whole Life Expo community on the amazing benefits of carrier oils. Looking young and healthy while sporting a glowing, vibrant skin complexion is possible. Attend this session and you will change your outlook on skincare.



*Available afterward for questions at ALL NATURALS COSMETICS INC booth 130.*

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1:45 pm - 2:30 pm  
DEMONSTRATION & LECTURE ON MAGNETIC THERAPY  
with Ruth Murray

Discover how magnetic therapy is a godsend for any disorder, and harmful to none! "We now stand on the verge of a great new age in Magnetic Science and its Applications. A tool that has been provided by Mother Nature herself." Dr. Delah Ciarra, "Magnetic Therapy: A Modern Approach to Health" Dr. Ciarra

nature herself. - Dr. Ralph Sierra, Power in a Magnet to Heal. Dr. Oz is excited and now recommends magnet therapy. Serenity2000 offers a 30 day Money Back guarantee!

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

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2:45 pm - 3:30 pm

#### OMEGA 3's FOR SMARTER KIDS & OPTIMAL FAMILY HEALTH

*with Karlene Karst, RD*

Join Karlene Karst, Registered Dietitian, mother, author and creator of Sea-licious and Veg-licious Omega oils, as she discusses how to incorporate omega-3's into your diet to boost brain power, reduce stress and anxiety, decrease inflammation and help your body reach optimal health and vitality!



*Available afterward for questions at SMITH'S PHARMACY booths 52-69.*

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3:45 pm - 4:30 pm

#### FREE YOUR CHI: EXPERIENCE THE SIMPLICITY OF ANCIENT HEALING

*with Erin Dixon and Adrian Bhatti*

In a time when we are seeking the universal key to well-being, learn how to return to your primordial self, and to your natural state of health and vitality, through the ancient practice of Qi Gong or Chi Kung. Join Master Teresa Yeung and lifetime students, Adrian and Erin, for a discussion of Qi Gong as the foundational interface of all the energy arts: Reiki, Yoga, Tai Chi and meditation, and learn how Qi Gong creates an alkaline state in the body.



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

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4:45 pm - 5:30 pm

#### THE "O" WORD: DEMANDING ORGANIC FOR HEALTH

*with Jodi Koberinski*

Does organic offer significant health benefits? OCO Executive Director, Jodi Koberinski, will help answer this much debated question and demonstrate why organic should be part of your personal health strategy. Jodi's presentation will address the latest wave of "anti-organic" press that has filled the media. Prepare to walk away with a greater understanding of the value of organic agriculture and food as well as being better equipped to critically evaluate information that is presented in the media, so you can make more informed choices.



*Available afterward for questions at ORGANIC COUNCIL OF ONTARIO / WHOLE FOODS MARKET booth 16.*

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5:45 pm - 6:30 pm

#### STOP SABOTAGING YOURSELF!

*with Adele Spraggon*

Self-sabotage comes in many forms: compulsive



eating, procrastination, relationship choices, messiness, endless dieting, or even something as simple as opening your mouth to give a price for your product or service, and a lower price drops out! The worst part of self-sabotage is the feeling of self-betrayal and loss of confidence; Your self-esteem plummets and you go back to self-defeating behaviour. In this fun and informative workshop, you will discover the secret to stopping self-sabotage forever.



*Available afterward for questions at SHAPED WITHIN LTD booth 154.*

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6:45 pm - 7:30 pm  
HEALING CONCERT FOR THE EARTH  
with Michael Moon

In this experiential concert, we will connect to the essence of Earth to bring harmony and healing to the parts of ourselves that have been disconnected due to modern lifestyles. With Michael Moon's beautiful healing soundscapes, songs and chants as our guide, we will journey through earth, water, air and fire to help reharmonize our body, mind and spirit back to our essential healing nature.



*Available afterward for questions at THE TEMPLE OF SOUND booth 231.*

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## Sunday Speakers - November 24th, 2013

Lecture Hall 206 A,B    Lecture Hall 205    Lecture Hall 206 D,F    Stage One    Stage Two

### Lecture Hall 206 A,B

10:30 am - 11:15 am  
FROM FRAZZLED TO FANTASTIC – STRESS-RELIEF AND NUTRITIONAL PATHWAYS TO WELL-BEING  
with Rosalie Moscoe, RHN, RNCP

This is a laugh-provoking but poignant look at life in the fast lane and its serious ramifications. Are you overcommitted, overtired, overstressed, or just plain overdoing it? Come and energize with dynamic speaker, stress-relief expert, author, holistic nutritionist and twice Juno nominee, Rosalie Moscoe. Alter your perceptions and response to stress. Discover easy ways to relax and slow down. Face and conquer overcommitment. Energize with superb nutritional advice and say goodbye to burnout!



Available afterward for questions at HEALTH IN HARMONY booth 170.

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11:30 am - 12:15 pm  
NEW INTEGRATIVE STRATEGIES THAT ARE BEATING CANCER  
with Ahmad Nasri, B.Sc, DHMHS, BPCT, BFS

This lecture will provide an update on the nontoxic natural modalities utilized and proven to conquer cancer, plus some new strategies to individualize them for the patient's specific type of cancer. At the end, Homeopathic Dr. Nasri will present a unique cancer treatment program that is offered at his clinics, and illustrate how it is helping patients beat cancer.

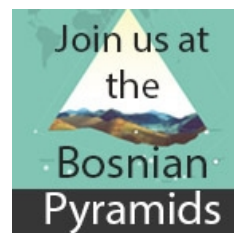
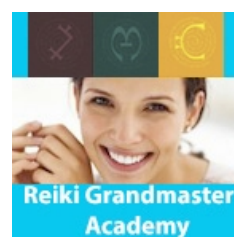


Available afterward for questions at VITALITY booth 258.

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12:30 pm - 1:15 pm  
HAPPY HORMONES FOR MEN AND WOMEN  
with Nora Jane Pope, ND

Did you know that hormones are made throughout the body? We often hear about testosterone, progesterone and estrogen. Lesser known are the hormones in the brain, heart and kidney, and vitamin D in the skin. They all play a huge role day and night, and help enhance our performance. Naturopathic Doctor Nora Pope shares her insights about how all these hormones work together to provide optimal benefits. In this lecture she will guide you to achieve optimal hormonal balance with foods, vitamins, and lifestyle for improved energy and well being.





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1:30 pm - 2:15 pm  
WHISPERING SONG - THE SACRED LANGUAGE AND  
SCIENCE OF SOUND  
with Gaisheda Kheawok



Contemporary science is converging with the aboriginal teachings of sacred sound. Research shows benefits such as improved cognitive processing in dementia patients, reduced anxiety in cardiac patients, and significant advances in treatment of depression. In Energy Medicine, SBEM™ and Tribal Traditions, everything is energy and frequency. Sound as a vibrational tool bypasses the storylines of the mental and emotional bodies and goes directly to the source of the dis-eased. Sound, therefore, becomes a powerful tool to accurately access an energetic diagnostic tool, transforming and repatterning the subtle energy fields and supporting wellness on all levels. Gaisheda Kheawok is a Medicine Person, Seer, Tribal Elder and Leader of Earth-Based Spirituality.

Available afterward for questions at WHISPERING SONG booths 177, 178.

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2:30 pm - 3:15 pm  
ACTIVATING YOUR CRYSTALLINE LIGHT BODY WITH  
THE LITIOS LIGHT CRYSTALS  
with Peter Schnell, B.A.Sc (Brookside, Nova Scotia)



Discover 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. During a meditation, we will connect with these entities while holding a Litios Light Crystal, to reactivate and revive our Crystalline Light Body. All chakras and energy bodies will be rearranged, restructured and realigned with the Divine Source.

Available afterward and throughout the weekend at LITIOS LIGHT CRYSTALS booth 238.

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3:30 pm - 4:15 pm  
SAVING YOUR HEALTH AND SANITY FROM AN ELECTRI-  
FRYING WORLD  
with Liala Epstein, EMF Specialist



Wifi, cell phones, cell towers, laptops ... Liala explains why exposure to electromagnetic frequencies, not natural to the body (EMFs), corrodes the body and contributes to disease and disorder. EarthCalm nature-driven technology 1) erases electro-pollution; 2) converts EMFs at their source (home's electrical grid, router, cell phone, etc.) into Earth's natural frequencies; and 3) boosts those frequencies for your body/home/office/car. Learn how EarthCalm keeps you healthy, energized, calm, mentally alert and feeling good, while enjoying electrical and wireless devices in an electri-fried world.

Available afterward for questions at ADVANCED HEALTH TECHNOLOGIES booth 209.

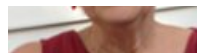
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4:30 pm - 5:15 pm  
REFLEXOLOGY AND YOU  
with Mary-Kay Perris, BAPsych, Certified Reflexologist



Reflexology is an ancient hands-on art of applying acupressure to the feet, hands and ears. Using these

pressure points may lead to balancing the body's systems. Learn how reflexology may help you and your family deal more successfully with the challenges of daily living. Discover the latest research and trends that are currently occurring in the world of reflexology, and learn how it can help you!



*Available afterward for questions at REFLEXOLOGY ASSOCIATION OF CANADA booths 144, 145.*

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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, ON)*

Increasing exposure to microwave technologies is now hurting the healthy as well as the environmentally hypersensitive - according to growing number of public testimonies. Government, registries, petitions, school board and judiciary interventions can be on your side to help you improve your health and address your safety concerns.



*Available afterward for questions at ESSENTIA booth 247.*

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12:15 pm - 1:00 pm  
LEAKY GUT SYNDROME - THE SILENT KILLER  
*with Dr. John Dempster, ND, FAAFM, ABAHP*

At this lecture, Dr. Dempster will discuss what Leaky Gut Syndrome (LGS) is, why it is occurring, why it is important to fix it, and how to do it. He will tackle nutritional, dietary and lifestyle approaches to accelerate healing, using a functional medicinal approach.



*Available afterward for questions at METAGENICS / SMITHS PHARMACY booth.*

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1:15 pm - 2:00 pm  
THE CHOCOLATE CURE FOR MENOPAUSAL DISCOMFORT  
*with Dini Petty, Canadian broadcaster*

Celebrity, mother, author, entrepreneur and free spirit, Dini Petty is an award-winning Canadian journalist. Whether she is flying a helicopter, hosting a radio show, interviewing celebrities or writing poetry, she has always been a healthy-living enthusiast and advocate for women's health issues. After suffering severe menopause, Dini came across a natural alternative, clinically proven to relieve several symptoms. Join her as she shares this new innovation in supplement therapy.



*Available afterward for questions at PLATINUM NATURALS / SMITHS PHARMACY booth.*

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2:15 pm - 3:00 pm  
SECRETS OF THE ANCIENTS



with Tamara Veitch and Rene Defazio



"What would a 13,000 year old man know that the rest of us do not?" This was the question we asked when writing *One Great Year*. We will share our remarkable discoveries, epiphanies and learning. Enjoy an entertaining look at ancient knowledge and the parallels being discovered in modern science, recent archaeological discoveries, the Great Year Cycle, quantum mechanics and the rise and fall of consciousness.

Available afterward at INTELLIGENT DESIGN PUBLISHING INC booth 180.

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3:15 pm - 4:00 pm  
REVERSING HEART DISEASE NATURALLY  
with Dr. Elie Klein ND, B.Sc



Dr. Klein will discuss the misconceptions surrounding cardiovascular disease and its risk factors. He will offer simple, yet effective nutritional strategies to help reverse high blood pressure, cholesterol and other risk factors related to cardiovascular health.

Available afterward at INNOTECH NUTRITION / HEALTHY PLANET booths 226 - 228.

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4:15 pm - 5:00 pm  
GLUTEN-FREE HEALTHY LIVING  
with Dr. Jonathan Beatty, ND



Gluten-intolerant? Now what? Dr. Jonathan Beatty guides you on your path to optimal, gluten-free nutrition. Dr. Beatty creates a "natural prescription" to support the digestive and nutritional needs of people with gluten intolerance. From superfoods and digestive enzymes to protein smoothies, Prairie Naturals gluten-free healthy living program gives you the nutritional tools you need to be and feel well every day.

Available afterward for questions at PRAIRIE NATURALS / SMITHS PHARMACY booth.

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## Lecture Hall 206 D,F

10:30 am - 11:15 am  
BOSNIAN PYRAMIDS – THE OLDEST  
AND HIGHEST IN THE WORLD  
with Radmilo Anicic and Vesna  
Nikolic



The remarkable discovery of the Bosnian Pyramids is changing the way we view our history. Learn about the pyramids' archeological, scientific and spiritual realms, and about results of the multi-disciplinary research done on the Pyramid of the Sun. Vesna and Radmilo will share life-changing experiences from their visit to the Pyramid Valley in Bosnia this summer. You will learn about underground tunnels, perfect stone spheres, the pyramid ray. Also, they will invite you to join them on their extraordinary journey to Bosnia in the summer of 2014.

Available afterward at BLISSFUL HEALTH booth 142.

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11:30 am - 12:15 pm  
LIGHT THERAPY – ITS AMAZING EFFECTS ON MOOD  
AND ENERGY

*with Dr. David Greenberg, MD*

Cityline's Dr. David Greenberg will discuss the amazing mood-enhancing benefits of Light Therapy and the science behind it, as well as the research being done around light therapy for its effects on serotonin and melatonin. This research is taking Light Therapy beyond the realm of seasonal depression and finding it is also effective with clinical depression, PMS, sleep disorders and jet lag.



*Available afterward for questions at YUMALITE booth 103.*

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12:30 pm - 1:30 pm  
OXYGEN BREAKTHROUGH FROM EUROPE  
*with Dr. Thomas Janossy, DVSc and Carol Petersen  
RPh, CNP*

Ten clinical studies and over ten thousand individuals (from 42 countries) are proving the benefits of drinking and bathing in super-oxygenated Kaqun water for anti-aging, sporting, mental performance, and many conditions where oxygen plays a supportive role. Now the technology has come to Canada. Kaqun water is manufactured by a unique electrolysis process, creating the most oxygenated water with the most stable (never before available) oxygen clusters (O16, O32, O64, etc.).



*Available afterward and throughout the weekend at KAKUN.CA booth 77.*

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1:45 pm - 2:45 pm  
A HOLISTIC APPROACH TO YOUR DENTISTRY  
*with Dr. Dana Colson, DDS*

Come and learn about a holistic approach to minimally invasive dentistry. Many people today are investigating heavy metal toxicity; this lecture addresses concerns about materials used in the mouth. Safe removal protocol will be addressed as well as alternative restorations. Your smile can be your best anti-aging feature! Learn how facial muscles play an important role in the preservation of your smile. 'Before' and 'After' photos will be shown.



*Available afterward at DR. DANA COLSON booth 119-120.*

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3:00 pm - 3:45 pm  
VITAL STEPS TO STRENGTHENING YOUR RESISTANCE  
TO DISEASE  
*with Dr. Zoltan P. Rona, M.D., M.Sc.*

Complementary and integrative physicians use safe and effective strategies to boost immunity. Dr. Rona will discuss the importance of treating food intolerances and allergies to optimize immune function. The detection and treatment of toxic heavy metals (e.g. mercury, cadmium, lead, arsenic, etc.) as well as the correction of nutrient deficiencies (especially zinc, selenium, vitamins A, C and D) are all vital to enhancing immunity. Probiotics, prebiotics, colostrum, astragalus and other immune enhancing nutritional supplements will also be discussed.



*Available afterward for questions and booksigning at HEALTHY PLANET booth 226 - 228.*

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4:00 pm - 4:45 pm  
TOXIC OVERLOAD: WHY ESSENTIAL OILS ARE KEY TO





**TOXIC OVERLOAD: WITH ESSENTIAL OILS ARE KEY TO OPTIMAL HEALTH**  
*with Angela Shim, CNP*



Many people are suffering from fatigue, brain fog and mood swings. Our environment is getting more toxic and is affecting us negatively. Find out why pure essential oils are key to optimal balanced health. As the world leader in farming and distilling pure essential oils, Young Living's SEED TO SEAL process guarantees each oil delivers the optimal level of beneficial plant properties. Come experience an effective emotional clearing technique using one of Young Living's newest essential oils.

*Available afterward for questions at YOUNG LIVING ESSENTIAL OILS booths 128, 129.*

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**Stage One**

11:00 am - 11:45 am  
**AWAKEN YOUR LIGHT AND TRANSFORM YOUR LIFE**  
*with Elizabeth A. Tara and Paul LaFrance*



Come and receive a Christ blessing, inspired by Glenda Green, author of *Love Without End - Jesus Speaks*. The blessing is universal and has no religious overtones. As well, Paul will help you resolve the negative cumulative effects caused by emotional trauma – simply and effectively. Through visualization, you can reconnect with the original experience and Paul is able to remove the negative energetic charge associated with it. Join us and experience either, or both, of these sessions as they complement each other.

*Available afterward for questions at HEALERS IN ACTION booth 132.*

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12:00 Noon – 12:45 pm  
**INTEGRATIVE HEALTH SERVICES – THE MEDICINE OF THE FUTURE**  
*with Dr. Paul Jacconello, MD and Dr. Oksana Sawiak, DDS*



How do you stay healthy, vibrant and make educated choices in your life? Learn skills to improve your self-care and develop a routine for better health. Discover how to address environmental stress, electromagnetic pollution, heavy metal burden, aging-related deficiencies, obesity, digestive problems, allergies, cardiovascular disease, chronic fatigue, and hormone imbalance. Integrative health services combine traditional medicine, functional medicine, and energy medicine as well as holistic dentistry.

*Available afterward for questions at PARTNERS FOR YOUR WELLNESS booth 151.*

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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 – safely and naturally.

*Available throughout the weekend for questions at THE EYE FIX booth 134B.*

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2:00 pm – 2:45 pm  
LOOK AND FEEL YOUNGER WITH MINERALS, THE  
CURRENCY OF LIFE!  
with Joel Wallach, DVM, ND



85% of people visiting their doctors complain of low energy, chronic fatigue and the inability to keep up with modern life. If this describes you, then plan to attend this dynamic lecture by the Mineral Expert, "Doc" Joe Wallach, and discover health strategies that will restore and maintain both vitality and stamina. Human beings require 90 essential nutrients daily for optimum health, 60 of these are minerals. Learn what these minerals are and why they should be part of your daily nutritional program.

*Available afterward and throughout the weekend at YOUNGEVITY CANADA booths 240, 241.*

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3:00 pm – 3:45 pm  
HEALING SECRETS OF THE PHAROAHs  
with Jason Quitt



Our history is rich with profound discoveries that open us up to an advanced understanding of humans and the universe. Through the use of earth elements, mystics could connect to the environment around them for deep healing and knowledge. Jason will explore the use of copper, zinc and gold; Egyptian Postures and Pharaoh Rods; ORMUS materials, crystals, essential oils and sacred geometry. Join Jason as he shares his discoveries on these lost techniques utilized by pharaohs and mystics all over the world.

*Available afterward for questions at AMBERSOL / THE CRYSTAL SUN booths 217, 218.*

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4:00 pm – 4:45 pm  
OZONE IN DENTISTRY COMBATS INFLAMMATION AND  
INFECTION  
with Dr. Michael Schechter, DDS



Ozone is nature's response to pollution and disease. By utilizing ozone as a treatment modality, we are amplifying our own natural response. Come and learn about the basic principles of ozone medicine; we will

discuss ozone use at home and in the office. Ozone is an incredible preventive tool and easily incorporated into dental treatments. Ozone is a 5000 times stronger antimicrobial agent than chlorine, has an incredible affinity for the positive charge of inflammation or infection, and is a gas so can penetrate everywhere.

*Available afterward at SCHECTER DENTAL booth 148.*

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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. Transcendental Vibration for meditation.

*Sponsored by GOVINDA / ISKCON booth 14.*

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11:15 am – 12:00 Noon  
SOUL HEALING MIRACLES IN EVERYDAY LIFE  
with Master Sher O'Rourke



Master Sher O'Rourke is a Divine Channel and worldwide representative of Dr. and Master Zhi Gang Sha. Her recovery from debilitating Chronic Fatigue Syndrome inspired her to practice Soul Healing. Learn effective self-healing practices to remove spiritual, mental, emotional and physical blockages. The soul has great power and potential to heal, rejuvenate and transform any aspect of life. Soul Healing can create miracles in everyday life. Come and receive Divine Healing Hands and Soul Song Blessings!

*Available afterward at MASTER SHA'S SOUL HEALING CENTRE booths 157, 158.*

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12:15 PM – 1:00 PM  
OPTIMAL REDOX POTENTIAL OF OUR CELLS IS EVERYTHING  
with Michael Stern, BSc.



Simply put, our life would not exist without healthy cells. Restoring the redox balance in our cells is the single most significant action that can be done to support life and healing. Without the proper redox potential, our cells can simply not maintain health, repair damage or allow replacement by healthy cells. Discover how you can restore redox balance. Remember...life cannot happen without redox.

*Available afterward for questions at ASEA booth 149.*

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1:15 pm – 2:15 pm  
THE DANGERS OF GMO VITAMINS  
with Dr. Cass Ingram, D.O.



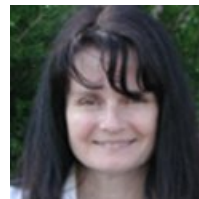
There are numerous sources of GMOs besides foods. These sources include drugs and, incredibly, nutritional supplements. Within nutritional supplements, one of the most insidious sources can be vitamins themselves. This includes ascorbic acid and vitamin E, some brands of which are made from genetically modified sources, and thus can be tainted with GMOs. Learn how to avoid these types of vitamins and more.

*Available afterward at HEALTHY PLANET booths 226-228.*

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2:30 pm – 3:15 pm  
THE THREE FACES OF GLUTEN INTOLERANCE  
with Marva Ward, CNP



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 the PURELY BULK booth inside the Hoopers Pharmacy pavilion.*

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3:30 pm – 4:15 pm  
THE ANTI-AGING EFFECTS OF GOOD POSTURE  
*with Scott Levine, DC*

This is an interactive lecture that will inspire you to improve your posture now. An interactive demonstration will include simple tips to restore good posture. Video exercises will be complimentary to all attendees.



*Available afterward at VITA HEALTH CLINIC booth 167.*

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4:30 pm – 5:15 pm  
OVERCOMING DISEASE: HOW YOU CAN TAKE  
RESPONSIBILITY FOR YOUR HEALTH  
AND GET RESULTS  
*with Brian Gangel*

More and more people are turning away from the traditional health care model and exploring alternative therapies in the hope of discovering the root cause of their health issues. Come and hear my story of how I took control of my life, accepted responsibility for the downturn in my own health, and then discovered the world of private health care. You will learn the 'drivers' behind dis-ease and disorder and find comfort in learning that solutions are within reach. Are you ready for the future of health care? I mean really ready!?



*Available afterward at NEW MILLENIUM LIVING LTD booth 98.*

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