

Whole Life Expo 2014

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Natural Health & Green Living

Now in its 28th Year!

November 28, 29, 30 2014 • Metro Toronto Convention Centre

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Friday Speakers - November 28, 2014

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Lecture Hall 201

5:30 pm - 6:30 pm

SCAR RELEASE THERAPY FOR RELIEF
FROM CHRONIC PAIN

with Kelly Armstrong, OTR/L (Jacksonville, Fla.)

Discover how abdominal scars are being released and treated by integrating non-invasive microcurrent (MPS) with essential oils. This new therapeutic technique, called Scar Release Therapy (SRT), provides immediate relief from chronic pain, and women's health and reproductive problems. This non-invasive therapy is being applied by thousands of therapists as a patient rehabilitation tool and primary intervention to chronic pain.



Available all weekend at ACUMED MEDICAL LTD booths 119, 120.

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6:45 pm - 7:45 pm

THE BEST NATURAL SOLUTIONS FOR
STAYING YOUTHFUL

with Ryan Foley

Join *Dragons' Den* winner, and health and wellness expert, Ryan J. Foley as he uncovers the best ways to keep yourself young, healthy and lean! Whether you're 25 or 65 years old Ryan's passionate talk will provide you with the best strategies for staying youthful.



Available afterward at NUVOCARE booth 188.

www.NuvoCare.com

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Lecture Hall 202

5:15 pm - 6:15 pm

STRESS AND TOXICITY: YOU CAN
HEAL YOUR BODY!

with Dr. Michelle Garieri, ND and
Shooka Monazami, B.Sc.,
Nutritionist



Everyday our body is bombarded by stress and toxicity. Learn how stressors and toxicities create disease. How can live cell microscopy and B12 help? Discover how

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create disease. How can live cell microscopy and D12 help? Discover how you can take charge of your healing to achieve a healthier body and a balanced lifestyle.

Available afterward at SMITH'S PHARMACY booths 221-224.

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6:30 pm - 7:15 pm
CHAGA: KING OF MEDICINAL MUSHROOMS
with Blairish Azure – 'Gentle Waters'

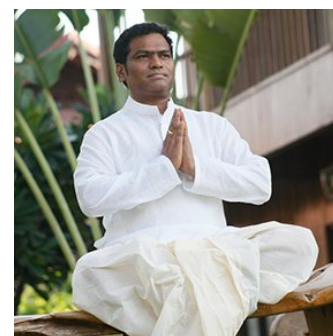


The chaga mushroom is one of nature's most powerful anti-oxidants, a source of 200 plus photo-nutrients, an abundant source of vitamins and minerals, a powerful anti-stress nerve tonic, and a natural health food supplement supporting the human adrenal glands and digestive organs. Come and learn all about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

Available throughout the weekend at ANNANDA CHAGA booth 239A.

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7:30 pm - 8:15 pm
THE AYURVEDIC APPROACH TO HEALING TYPE 2
DIABETES *with Babu Rao*



Global medical research has investigated how Ayurveda and yoga impact psychosomatic, metabolic and auto-immune disorders, all of which are present with Type 2 Diabetes Mellitus. While exercise recommendations are not usually part of conventional care, ancient Vedic methodologies indicate that yoga and Ayurveda offer superior benefits that exceed exercise alone. Learn how diabetic patients are benefitting from Integrative Yoga Therapy and Ayurveda therapeutic diets.

Available afterward at AYURVEDA RITUALS SPA booth 94.

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Lecture Hall 203

5:30 pm – 6:30 pm
LIFE TRANSFORMATION USING
THE POWER OF DREAMS
with Derek Donnan, M.Math



Dreams open a portal into our deeper reality – the 95 per cent of our mind not known to everyday consciousness. You will be fascinated by the scientific and psychological research, and stories of dramatic personal transformation and healing. Included is a how-to guide, to enable you to develop and cultivate this larger life.

Available afterward at INTL ASSOC FOR THE STUDY OF DREAMS booth 68A.

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6:45 pm - 7:30 pm
HEAL THYSELF WITH SOURCE
ENERGY MEDICINE
with Stephen Pollitt (Indian Hills, Colo.)



Join Stephen Pollitt, author and creator of Source Energy Medicine (SEM), as he explains the root causes of all dis-ease, imbalance and areas of lack in your life. He'll offer practical and profound tools that are easy to incorporate into your healing journey. These simple tools will support you in transforming, balancing, and restoring every aspect of your life and being. Learn how to access total, complete and free access to SEM technology.

Available afterward at GOOD VIBRATIONS HEALTH booth 100A

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7:45 pm - 8:30 pm

PROTECT YOUR BRAIN. ENHANCE YOUR MENTAL PERFORMANCE

with Chris Wyllie, Neuroplastician, Brain and Self-Mastery Strategist



Chris Wyllie is a self-starter, international educator, entrepreneur, brain and self-mastery strategist. In his work as "The Game Changer," Chris is exploring and pushing the boundaries of human health and performance. In this exciting, fast-paced educational experience you'll learn how to optimize your most precious resources to breakthrough into high levels of health and success: Your Brainpower and Energy. In revealing the factors that could deteriorate your brain health or send your performance to the stars, Chris will slice through the complexity that surrounds health, brain function, nutrition, learning and high performance to give you simple, easy, actionable strategies to help you build a better brain, a better body and a better you.

Available afterward at the GIDDY YOYO booths 211-212.

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Stage One (Exhibit Hall)

5:00 pm - 5:45 pm

GLUTEN-AND-DAIRY-FREE DESSERTS FOR THE HOLIDAYS

with Andria Barrett, Culinary Nutritionist



Learn how to make three holiday desserts that are nutrient dense, gluten free, dairy free and full of goodness. One lucky participant will win a dessert gift basket.

Available all weekend at booth 288A.

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6:00 pm - 6:45 pm

WHY SPIRITS COMMUNICATE WITH US

with Karen Barclay, Spiritual Medium, Reiki Master



Karen is an international medium with a passion for communicating with spirits from the afterlife, and a desire to educate and inform people that everything is vibrational energy. Find out why spirits are communicating with us and why it is beneficial for us to review our outlook on death.

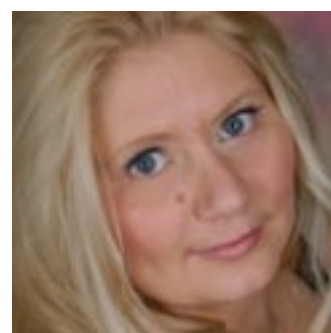
Available throughout the weekend for questions at booth 101A.

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7:00 pm - 7:45 pm

THE DIVINE MISSION OF ANIMALS – ALCHEMY OF THE HEART

with Charlotte Szivak, Animal Communicator (Hamilton, Ont.)



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 MELISSA ALOE.COM booth 106.

Stage Two (Exhibit Hall)

5:15 pm – 6:15 pm

LIQUID HEALTH: HERBAL TEA THERAPEUTICS
with Suzanne Catty, M.At., LHP

There are many reasons to buy and drink herbal teas or tisanes including the therapeutic action of the herb or herbs in the blend. Join plant-medicine pioneer Suzanne Catty to hear about the therapeutic actions of the most common herbal teas. Learn how to brew for maximum potency, the potential cumulative and long-term effects, what to drink when as well as what to avoid.



Available afterward for tea tastings at ALGONQUIN TEAS booth 214.

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6:30 pm – 7:15 pm

THE HONEYBEE AND LOVE
with Oliver Couto, B.A., C.E.T.

The bee is a creature of love. She helps Nature to make love. If you want to be a better lover, study the honeybee. By her pollination services she renders Nature fruitful, abundant, and beautiful. Her products of the hive can heal, nurture, beautify and render us fertile and potent. Explore this wonderful theme of love in the life of the honeybee, and the benefits she offers to enrich our lives.



Available all weekend at THE BEE SHOP booth 284.

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7:30 pm – 8:15 pm

CONQUER YOUR SUGAR ADDICTION
with Kathy Smart, RSNA, HTC, RNC, PTS

You've adopted a gluten-free diet, but are you still struggling to overcome sugar? With studies showing that sugar is more addictive than cocaine, it's easy to see how the exploding growth of gluten-free packaged goods is enticing us to accept convenience over healthier choices. It is possible to eat healthy and still enjoy the foods we love. Join Kathy Smart for practical tips on thriving through both a six-week sugar detox, and a long-term gluten-and-sugar-free life.



Available afterward at COCOVIE NATURALS booth 293.

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Lecture Hall 201

11:30 am - 12:30 pm

ANTI-AGING AND DISEASE RECOVERY THROUGH
ALKALINE-ACID BALANCE

with Roland Jentschura, M.Sc. (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 has been speaking worldwide for more than seven years, and when he's not giving lectures, he's 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 176.

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12:45 pm - 1:45 pm

REVERSING INFLAMMATION AND VIRAL INFECTIONS
NATURALLY

with Dr. Zoltan Rona, MD, M.Sc. (Toronto, Ont.)

Join Dr. Rona as he shares new information from recent, published studies on reversing inflammation and viral illnesses naturally. This lecture will include more evidence for the use of an anti-inflammatory diet and select nutritional supplements to prevent numerous diseases connected to chronic inflammation. He will also discuss leaky gut syndrome, immune system enhancement, and what to do with viral plagues.



Available afterward for questions at HIGH LEVEL WELLNESS booth 96.

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2:00 pm - 3:00 pm

WILD MEDICINES FOR TREATING HEART DISEASE AND
HIGH BLOOD PRESSURE

with Cass Ingram (Chicago, Ill.)

You can treat high blood pressure naturally and change your life forever. The real facts about high blood pressure and its causes are finally revealed in this lecture. This information is not just those who suffer from high blood pressure but also ideal for those with any type of heart disease.



Available afterward at HEALTHY PLANET booth 181.

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3:15 pm - 4:00 pm

EVERYTHING YOU NEED TO KNOW ABOUT HORMONES
with Lorna Vanderhaeghe, M.Sc.



With more than half of the adult female population over the age of 50, everyone is talking about hormones. But hormones affect everyone, including men, and regulate thousands of functions in the body. When your hormones are balanced your skin looks great, you don't gain weight and you have endless energy. When they are out of balance you can't sleep, you gain belly fat, have no sex drive; and women can develop endometriosis, cysts, fibroids, heavy periods, brain fog, depression, hot flashes and more. Simple solutions are at our fingertips.

Available afterward at HEALTHY PLANET booth 274.

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4:15 pm - 5:00 pm

THE DYNAMIC DUO FOR FIGHTING HEART DISEASE
with Dr. Gifford-Jones, MD (Winnipeg, Man.)



Years ago, sailors on long voyages died of scurvy, a severe form of vitamin C deficiency. But the ship's cats never died because they made their own vitamin C. Interviews with Dr. Linus Pauling convinced Gifford-Jones that many people still suffer from sub-clinical scurvy today. Coronary arteries, closest to the heart, receive the greatest pressure, and without enough vitamin C collagen weakens resulting in heart attack. Recent work by Dr. Sydney Bush shows that vitamin C plus lysine can reverse this process. Join Dr. Gifford-Jones as he reviews the research, and learn about this potent combination for fighting heart disease.

Available afterward at HEALTHY PLANET booth 184.

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5:15 pm - 6:00 pm

SIMPLE AND EFFECTIVE SOLUTIONS FOR OUR POLLUTED WORLD
with Shirley Zabol, ND

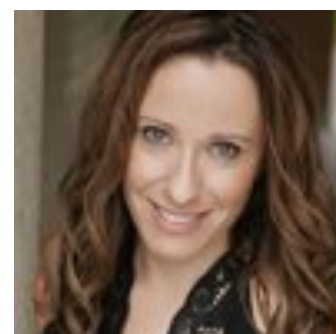
Learn how to use modern harmonic sound frequencies and therapeutic oxygen from infrared portable saunas for weight loss. Renew and rejuvenate your immune system through an easy-to-use, state-of-the-art detoxifying system. Neutralize environmentally polluted foods and bodies in the privacy of your own home.

Available afterward for questions at BIOTRONIX RESEARCH INSTRUMENTS booth 165.

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6:15 pm - 7:00 pm

THE EPIGENETIC DIET USING NATURE'S MOST PRIZED
SUPERFOODS
with Renita Rietz



From the field of epigenetics comes the understanding that we can influence our genetic destiny, slow down the aging process, and minimize degeneration through dietary and lifestyle choices we make every day. Renita will present the most nutrient dense superfood strategies for prevention and regeneration. She will also provide fascinating insights from current scientific research in phytonutrition to reveal that the wisdom of indigenous cultures provides the nutritional blueprint for peak performance and longevity in a modern world.

Available afterward at YOUR ORGANIC SOURCES booths 270, 271.

Lecture Hall 202

11:45 am – 12:45 pm
JOINT HEALTH: A NATURAL APPROACH
with Viera Povazan, RHN

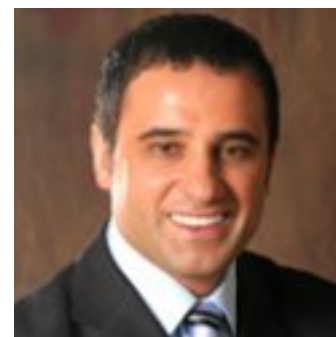


One of the most obstructive lifestyle problems is the declining health of joints. Various types of arthritis, though more prevalent with the elderly, do not spare the young. While these problems are not life-threatening, when mobility or pain issues suddenly become daily companions, lifestyle limitations are inevitable for individuals and their families. Join us for more information on how to improve your situation naturally.

Available afterward for questions at BIOSPHERE booth 152.

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1:00 pm – 1:45 pm
HOW TO REDUCE STRESS AND RAISE
YOUR ENERGY AT THE SAME TIME
with Dr. Gaetano Morello, M.Sc., ND



Two of the biggest issues affecting our fast-moving lifestyles are stress and fatigue. We all know stress is at the crux of many illnesses. Dr. Morello will define the stress response and explain why it impacts our health on so many levels. Learn the real science behind stress and what can be done naturally to reduce its impact on the human body. Discover new information on fatigue, which key components are involved in our energy production, and how to better support our bodies in order to become energetic once again.

Available afterward at SMITH'S PHARMACY booths 221-224.

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2:00 pm – 2:45 pm
DIABETES AND OMEGA-3 FATTY ACIDS
with Andria Barrett, Culinary Nutritionist, CNP



November is Diabetes Awareness Month, and this disease affects over nine million Canadians. Studies show that a diet that includes Omega-3s may help to reduce the risk of Type 2 diabetes, high blood pressure, high triglycerides and heart disease. Join Andria to learn what three mistakes to avoid, and how foods and supplements high in Omega-3s can help you balance your blood sugar.

Available afterward at SMITH'S PHARMACY booths 233-236.

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3:00 pm – 3:45 pm
HOW DIABETICS CAN AVOID ALZHEIMER'S
with Darrick S. Kim, PhD (Chicago, Ill.)



Diabetes Mellitus (T2DM or Type 2 diabetes) commonly affects people 65 years and older. Alzheimer's disease (AD) is the most common neurodegenerative disease worldwide. T2DM is suspected to be a contributing factor for developing AD, which suggests that if diabetes can be managed, the risk of developing AD may be controlled. Dr. Kim will discuss the relationship between AD and T2DM, and what can be done to reduce developing AD.

Available afterward at EPHRAKAY INTERNATIONAL booth 175.

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4:00 pm – 5:00 pm

4:00 pm – 5:00 pm
UNDIET YOUR LIFE: SIMPLE STRATEGIES FOR
OPTIMAL HEALTH, WEALTH AND HAPPINESS
with Meghan Telpner, CNP, CNE



Be inspired to start taking action towards building the life of your dreams. With Meghan's humour and contagious passion, you'll be empowered with key strategies and everyday habits that will change the way you live your life. Using her own story of healing from an incurable disease to going on to develop a global online school, Meghan will ignite the spark that will inspire you to live optimally, with vibrancy, and to your fullest potential. This motivational lecture asks, how are you fuelling your life?

Available afterward at ACADEMY OF CULINARY NUTRITION booth 114.

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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, Calif.)



The science of epigenetics is unlocking significant clues on how environment and lifestyle can induce changes in the expression of certain genes linked to biological development and disease. Less than two per cent 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 also speak about his new book, *Epigenetics*.

Available afterward and throughout the weekend at YONGEVITY booths 191, 192.

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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 the 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 105.

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Lecture Hall 203

11:45 am - 12:30 pm
NUTRITION FOR ENERGY WORKERS
with Paul Demeda, Holistic Nutritionist, CNP, and Reiki Master



Spiritual connectedness, and the ability to give, receive, and perceive energy are influenced by foods, nutrients, as well as toxins, stress, hormones, and brain chemistry. Learn why a healthy physical body is important for emotional and spiritual work, and how to holistically enhance your innate spiritual and energetic potential – with specific foods, nutrients, and actions.

Available afterward for questions at INSTITUTE OF HOLISTIC NUTRITION

booth 134.

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12:45 pm - 1:45 pm
ARCHETYPAL SHAMANIC ENERGY MEDICINE
with Gaisheda Kheawok



Archetypal Energy Medicine is the science and language of image and vibrational expression. In shamanic tradition: each archetypal totem has an energetic imprint and wisdom of its own. Shamanic archetypal teachings support alignment to the vibrational consciousness of the earth/elemental teachers, enhancing therapeutic practices that engage dimensions of healing beyond cognitive limitations. Gaisheda Kheawok is a medicine person, seer, tribal elder and leader of earth-based spirituality. Her ground-breaking work in shamanic soul-based energy medicine pioneers the bridge between ancient tribal teachings and contemporary counselling practices.

Available afterward for questions at THE WHISPERING SONG TEACHING LODGE booths 140, 141.

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2:00 pm - 2:45 pm
HEALING ECZEMA: BALANCING THROUGH AYURVEDA
with Kristen Ma

Eczema is a symptom of deeply rooted health imbalances. Treating this common skin condition is best done by rebalancing the whole body through Ayurveda and natural self-care. Learn how to customize remedies for different types of eczema, and home and spa solutions to relieve skin from the inflammatory, itchy, and painful symptoms of this atopic dermatitis.



Available afterward for questions at PURE + SIMPLE BEAUTY booths 203, 204.

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3:00 pm - 3:45 pm
HEALING THE BRAIN WITH LIGHT ENERGY
with Lew Lim, ND, MBA, Cert. Eng.



Scientists are discovering that the brain responds to light energy. When light energy is delivered to the brain in a certain way, research reveals it can address dementia, Alzheimer's, Parkinson's, post-stroke, and other brain conditions without side effects. Dr. Lew Lim is collaborating with Harvard and Boston Universities in this research and will share new discoveries, and how applications have been simplified for home use.

Available throughout the weekend at VIELIGHT INC booths 109, 110.

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4:00 pm - 4:45 pm
WHAT IS SPIRITUAL HEALING?
with Janet Matthews



Energy healing, past-life recall, and spiritual realizations can all bring profound changes in your health. Learn to connect with the source of all healing with spiritual exercises you can do by yourself. Gain insights into the cause of your health problems by examining past-life experiences. Learn to work with spiritual energy, and contact your spiritual guides to engage the healing process at all levels. This dynamic, interactive workshop will provide tools you can take home and use right away.

and use right away.

Available afterward for questions at ECKANKAR booth 103.

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5:00 pm - 6:00 pm
SPRINGTIME IN DECEMBER – GET OFF THE FOOD GRID
with Steve Meyerowitz (Great Barrington, Mass.)

Enjoy homegrown food. No soil or green thumb required. Let health crusader Steve Meyerowitz "Sproutman®" show you how to restore vitality back into your diet even in the middle of winter. You'll be amazed at how practical it is. You can lower your food



bill and raise your nutrition! 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. Steve Meyerowitz is the author of *The Kitchen Garden Cookbook*, *Sprouts The Miracle Food*, *Wheatgrass Nature's Finest Medicine*, and others.

Available afterward for questions at UPAYA NATURALS booths 245, 246, 247.

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6:15 pm - 7:00 pm
ICELAND – HEALING AT THE HEART OF THE EARTH
with Sandra Moon Dancer, B.Sc., M.H.Sc.

Iceland, the land of fire and ice, the Medicine Wheel for Mother Earth. Energy teachings, song and beautiful photos allow you to experience the heart chakra of Mother Earth, a land of healing, magic and peace like no other. With 30 years experience in healing and original peoples' communities, Sandra Moon Dancer is an internationally renowned shaman. She shares her journey to Iceland with medicine wheel visionary, Cherokee-Celtic elder Sequoyah-Blue Deer Eagle. See where the journey of Circle Wisdom for Mother Earth will go in 2015.



Available afterward for questions at CENTRE OF CIRCLE WISDOM booth 61.

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Lecture Hall 204

12:00 pm - 12:45 pm
ARE YOU SEEKING WELL-BEING, JOY AND LOVE IN
YOUR LIFE?
with Bill Little and Ann Sahadath

Ready to take a quantum leap forward into unshackling yourself from old stress patterns and transform your life? Ann and Bill left the corporate world to lead lives of service and love. Hear how divine science technologies are helping people around the world.



Available afterward at CLEARLY CONSCIOUS ENERGETICS booth 60.

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1:00 pm - 1:45 pm
WHAT IS MENTAL ILLNESS AND MENTAL HEALTH?
with Ann Marson, BA, MA

Anna Marson shares insights on mental illness and mental health that diverge from standard medical models. She offers a normalizing, compassionate, empowering and hopeful approach to healing.



Available afterward at HEARTFULNESS PSYCHOTHERAPY booth 63A.

2:00 pm - 2:45 pm

THE HEALING BENEFITS OF CAMEL PRODUCTS

with Arif Gilany

Arif Gilany watched his mother suffer from arthritis pain for years. Desperate to find a solution, he stumbled upon a product that not only provided amazing pain relief for his ailing mother but also began a journey of discovery into a whole new line of products made from soothing camel wool. Research into the science and technical design behind camel wool, revealed that these wool products are therapeutic and great for the peripheral nervous system. Camel milk has also been found to have amazing healing, nutritive and purifying benefits.



Available afterward at CAMEL COMPANY OF CANADA booth 22.

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3:00 pm - 3:45 pm

REVERSING NEARSIGHTEDNESS

with John Yee, BA, MA, RO

Ortho C can reverse nearsightedness quickly and safely, without the healing time of laser surgery. Unlike other methods, Ortho C does not change the shape of the cornea but safely and naturally relaxes the muscles within the eye.



Available afterward at THE EYE FIX booth 170A.

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4:00 pm - 4:45 pm

THE FOUR SELF-SABOTAGING STYLES: WHICH ONE ARE YOU?

with Adele Spraggon

If you self-sabotage, all the self-help courses and training in the world won't work. Uncover hidden truths, sabotaging styles, and the tips and tricks for success.



Available afterward at SHAPED WITHIN LTD booth 108.

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5:00 pm - 5:45 pm

THE FIVE ACUPRESSURE POINTS EVERYONE SHOULD KNOW

with Derek Shin, B.Sc., R.Ac., MA (Psych.)

Learn how to apply the basics of Eastern philosophy to your life including five acupressure points to help reduce pain, stress, anxiety, depression and fatigue.



Available afterward at WELLNESS INTERNATIONAL CORP booth 124.

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6:00 pm - 6:45 pm

SHAKEN BUT IN CONTROL

with Paul Ciaravella

Paul was diagnosed with Parkinson's – a neurological environmental health challenge. Doctors think drugs are the answer but Paul believes that natural products work better with research, like detoxing through the feet where the heavy metals are stored. Author of *Shaken But in Control*, Paul has found a few pieces to the puzzle and will



Shaken But in Control, Paul has found a few pieces to the puzzle and will share them. Copies of his book will also be available.

Available throughout the weekend at PURETRIM booth 47.

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Stage One (Exhibit Hall)

11:15 am - 12:00 pm
TRACE MINERAL DEFICIENCIES
with Peter V. Quenter, DHM (Pract.), CH

There are 16 major trace minerals essential to human health – from ensuring proper digestion and enzyme function, to energy production, to bone and heart health. Iron, magnesium and zinc deficiencies are some of the most common. A lack of any of these minerals can result in things like fatigue and poor immune function. Come and find out more.



Available afterward for questions at FLORA MNFG AND DISTR LTD booth 251.

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12:15 pm - 1:00 pm
THE RESOURCEFUL MOTHER'S SECRETS TO HEALTHY KIDS
with Meredith Deasley, BA, RHN

Today we have the sickest generation of children ever to have existed. Meredith Deasley explains the hidden epidemic of children reacting adversely to food, and describes surprising symptoms, conditions and diseases that are caused or worsened by food. Learn to detect, manage, and eliminate food sensitivities and allergies, and implement healthier eating habits.



Available afterward at CANADIAN SCHOOL OF NATURAL NUTRITION booth 173.

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1:15 pm - 2:00 pm
AWAKENING THE POWER OF YOUR SUBCONSCIOUS MIND
with Luke Chao, BA, RHP, CI

Through the use of metaphors, stories and interactive demonstrations, Luke Chao, founder and director of The Morpheus Clinic for Hypnosis and co-author of four self-help books, introduces you to the power of modern hypnosis. Learn practical methods to reduce stress, boost confidence and achieve your goals.



Available afterward at THE MORPHEUS CLINC FOR HYPNOSIS booth 58.

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2:15 pm - 3:00 pm
PREVENT DRUG-INDUCED NUTRIENT DEFICIENCIES
Dr. Jonathan Beatty, ND

If you're taking any kind of medication, you're at higher risk of having nutritional deficiencies. Learn how to prevent deficiencies that can lead to many other serious health conditions. Join award-winning



serious health conditions. Join award-winning naturopath Dr. Beatty as he explains the need to replace valuable nutrients when taking common medications.

Available afterward for questions at SMITH'S PHARMACY booths 233-236.

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3:15 pm - 4:00 pm
BOOST YOUR BRAIN POWER AT ANY AGE!
with Dr. Kate Rhéaume-Bleue, ND

Join Dr. Kate to learn what happens to the brain as we age, and how to preserve mental sharpness. Discover the early warning signs of Alzheimer's disease and what everyone can do to boost brain power today and for the future. Dr. Kate will discuss food, supplements, brain-healthy habits, and even fun brain-training games.



Available afterward at HEALTHY PLANET booth 299.

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4:15 pm - 5:00 pm
SAFE CELLPHONE USE WITH EMF PROTECTION
with Liala Epstein

Electromagnetic fields (EMFs) are emitted by household electricity, Wi-Fi, cell phones and towers, and wireless devices. Learn how EarthCalm EMF protection renews and promotes your well-being while safeguarding you from adverse effects. Discussion includes the science behind EarthCalm products, and research from Dr. Glen Rein's March 2014 study on human DNA and EarthCalm's Quantum Cell Phone Protector.



Available afterward for questions at EARTHCALM EMF PROTECTION booth 193.

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5:15 pm - 6:00 pm
HEMP: A CANADIAN SUPERFOOD
with Andra Hughes, PTA, OAS, NWS, FIS

Including raw hemp in your daily nutrition regime can influence your hormone levels, immune function, cardiovascular system and bowel function, reduce inflammation, increase energy, athletic performance, longevity, cognitive function and so much more. This not-to-be-missed session will educate you, and build your knowledge of the health benefits of hemp. And it's grown in Canada!



Available all weekend at PURITY HEMP PRODUCTS INC booth 282.

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6:15 pm - 7:00 pm
USING QI TO HEAL
with Master Qi Feilong, TCM

World-renowned Qigong Master Qi Feilong will provide a free demonstration of Qi energy. He'll discuss how to gain and use healing abilities. Watch as he stops a clock, twists a steel spoon, and breaks chopsticks with a \$20 bill. Learn how Qigong holistic therapies can help you lose weight, improve your immune system and kidney function, and boost your energy.



Available afterward at WORLD SHAOLIN CHANMI KUNGFU ASS'N & QIGONG WELLNESS booth 87.

Stage Two (Exhibit Hall)

11:30 am - 12:15 pm

DIRTY DIETS

with Brad King

Most diets actually make you fatter. Retrain your metabolism to look, feel, and perform the way you've always dreamed! Join nutritional researcher and author Brad King and find out: how the diet and light-food industry deceives us, environmental factors that make you fat, how to stop insatiable cravings, how proper sleep can boost your metabolism, and much more.



Available afterward at HEALTHY PLANET booth 178.

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12:30 pm - 1:15 pm

BRAIN HEALTH THROUGH WHOLE BODY BALANCING

with Henry Xiong, RAc., R.TCMP

This seminar focuses on how to improve brain function by opening and strengthening the communication channels, and harmonizing the five elements within the body.



Available afterward at SAGEE CANADA WELLNESS booth 242.

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1:30 pm - 2:15 pm

HEAL YOURSELF WITH LIVING CRYSTAL WATER

with Peter Goodgold

Join Peter as he explains how life-sustaining, crystal, ionized alkaline water improves one's health, helps to lose weight and increases sexual stamina. He'll also reveal the health benefits of using healing crystal waters. Hear how alkaline water created with the ionic oasis is the fountain of youth.

Available afterward at WATERWORKS booth 39.

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2:45 pm - 3:30 pm

HO'OPONOPONO – HUNA: THE ANCIENT HAWAIIAN WAY OF SELF-EMPOWERMENT

with Luciana Stan

Looking for ways to find peace in your heart, energize your body and quiet the mind? Want to release long held anxiety? The ancient Hawaiian way of self-empowerment, Huna – Ho'oponopono, will do just that. Join us for an introduction to Huna.



Available afterward for questions at CATA, WHOLISTIC HEALING booths 150, 151.

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3:45 pm - 4:30 pm

BENEFITS OF MAGNETIC THERAPY

with Ruth Murray

According to Dr. Kenneth Maclean, magnetic therapy is good for any disorder and harmful to none. Magnetic therapy is one of the most popular forms of self treatment for people looking for natural solutions to help relieve conditions such as pain, stress and lack of energy. Hear about their 30-day, money-back guarantee.

Available afterward at SERENITY 2000 – IT'S MAGNETIC booth 112

Available all weekend at SERENITY 2000 – IT'S MAGNETIC booth 149.

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4:45 pm - 5:30 pm
LOOK YOUNGER NATURALLY
with Lanre Tunji-Ajayi



Your skin could age slowly or rapidly depending on what you feed it. If you desire younger, healthier skin, come and learn how to reduce skin age naturally. Take a journey of discovery on how to keep your skin youthful, healthy and vibrant. You cannot afford to miss this profound lecture.

Available afterward for questions at ALL NATURALS COSMETICS INC booth 306.

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5:45 pm - 6:30 pm
FA CHI – ANCIENT SECRETS OF CHI HEALING
with Master Teresa Yeung



"Fa Chi" means "sending external chi." Master Teresa is an exceptional medical intuitive Chi Gong Master and author of *Life Force: Miraculous Power of Chi Gong*. She'll connect you to the energy of enlightenment - chi. She and her Fa Chi Si (Chi Healers) will send you healing, showing that you can be in charge of your own body. Learning to self-heal is easier than you thought.

Available afterward at THE SEVENTH HAPPINESS SCHOOL OF CHI GONG booth 83.

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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 30, 2014

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Stage One
(Exhibit Hall)

Stage Two
(Exhibit Hall)

Lecture Hall 201

11:00 am - 12:00 pm
FEEDING OUR BRAINS
with Dr. Mandy Wintink, PhD

Healthy lifestyle choices can provide a foundation for mental health, well-being, and longevity. Our brain gets support and building blocks from the foods we eat. Nutrients produce neurochemicals, new brain cells, stress management and fuel. Learn some of the basics of good mood foods and how to support healthier brains.



Available afterward at CENTRE FOR APPLIED NEUROSCIENCE booth 146B.

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12:15 pm - 1:00 pm
THE INFECTION CONNECTION
with Cass Ingram (Chicago, Ill.)

Learn how to treat Lyme disease and any tick-bourne illness with wild raw turmeric, oregano, wild chaga, total body purge and more. Discover how to immunize yourself against infection, and kill deadly bacteria, parasites, fungi, and viruses in minutes.



Available afterward for questions at HEALTHY PLANET booth 181.

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1:15 pm - 2:00 pm
SEVEN KEYS TO ULTIMATE HEALTH
with Brad King, MS, MFS

Join nutritional researcher and author Brad King as he explains the Seven Keys to Ultimate Health. Learn how making small changes in your lifestyle and nutrition can lead to big changes in your health. Brad will help you achieve unlimited energy, reduce belly fat, sleep better, reduce stress, and ignite your sex life!



Available afterward at HEALTHY PLANET booth 178.

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2:15 pm - 3:00 pm
HARMONIC LIVING: HOW TO RAISE THE VIBRATION OF
YOUR HOME AND LIFE
with Dawn James



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**CUSTOM
PROBIOTICS**
High Potency Acidophilus
and Bifidus Dietary Supplements

Discover several ways to naturally raise the vibrational frequency of your home for improved physical, mental, emotional and spiritual well-being. Author Dawn James will share her knowledge and experience to help you live consciously and create harmonic living spaces.



Available throughout the weekend at RAISE YOUR VIBRATION booth 72B.

<http://raiseyourvibration.ca/>

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3:15 pm - 4:00 pm
A HOLISTIC APPROACH TO
DENTISTRY
with Dr. Leyla Emami, Dr. David Chan and Dr. Bernie Gryfe, DDS



Many people are concerned about heavy metal toxicity. This lecture will discuss safe removal protocol, alternative materials, and minimally invasive techniques. It will also introduce The Pinhole Surgical Technique (PST™), a gum recession breakthrough treatment, which is an incision-and-suture-free procedure for treating gum recession, and is a time-and-cost-effective alternative to traditional periodontal surgery.

Available afterward at DR. DANA COLSON & ASSOCIATES booth 156.

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4:15 pm - 5:00 pm
BREAK FREE FROM PAIN AND LOSE WEIGHT USING
ANTI-INFLAMMATORY SUPERFOODS
with Julie Daniluk, RHN



Diets fail because they are a self-imposed, temporary food prison we can't wait to escape from. Nutritionist Julie Daniluk shares science-based information that will shatter your need to count calories by offering Live-It: a delicious new way of eating that reduces the inflammation that looms in the background of pain and weight gain. Learn important new techniques about emotional eating and how to conquer your cravings.

Available afterward for questions at JULIE DANILUK CONSULTING booth 318.

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Lecture Hall 202

10:45 am - 11:45 am
LIVING CEREMONY: AWAKENING NATURE'S WISDOM
WITHIN
with Martha Lucier, B.Ed., BHK



Through shamanic ceremony, we will activate the wisdom of our senses, freeing the pathways of our imagination. As we journey through the elements, we will connect with the indigenous soul of the Earth. Northern Edge is an off-the-grid, wellness sanctuary immersed in nature, on the edge of Algonquin Park, providing shamanic trainings, yoga retreats, canoe trip adventures, and year-round log cabin adventures since 1996.

Available afterward at NORTHERN EDGE ALGONQUIN RETREAT AND AWARENESS CENTRE booth 89.

12:00 pm - 12:45 pm
HEALTHY CELLS CREATE A HEALTHY BODY
with Dr. Ron Hill, B.Sc., DC, FIACA, CCAD



Both Asea and Renu 28 are scientifically proven. Asea affects virtually all the body's systems by increasing the redox potential critical for cellular health. It improves vital cellular communication, protects, repairs and replaces cells, and enhances immune functions. Renu 28 rejuvenates skin in 28 days by improving wrinkles, texture, smoothness and elasticity.

Available afterward at ASEA RENU 28 booth 196.

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1:00 pm - 1:45 pm
BEAUTIFUL SKIN BEGINS WITHIN
with Lorna Vanderhaeghe, M.Sc.

Join Lorna Vanderhaeghe and learn what makes beautiful, smooth, youthful-looking skin. Lorna will teach you which foods and nutrients are key to healthy, glowing skin. Learn which cosmetics are safe and which ones aren't.

Available afterward at HEALTHY PLANET booth 274.

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2:00 pm - 2:45 pm
OVERACTIVE BLADDER
with Ruth Anne Baron, ND



Do you suffer from overactive bladder, chronic bladder weakness, irritation and incontinence? Get relief naturally. Let's talk about a natural approach to this growing concern. Pure Icelandic Angelica archangelica has been clinically demonstrated to provide relief for symptoms of overactive bladder without side effects. Visit our booth for a free trial sample!

Available afterward for questions at SMITH'S PHARMACY booths 221-224.

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3:00 pm - 3:45 pm
LOWERING BLOOD PRESSURE, CHOLESTEROL AND
BLOOD SUGAR NATURALLY
with Dr. Elie Klein, ND, B.Sc.



With the right dietary and lifestyle approach, and proper guidance, it's possible to prevent and even reverse most chronic health conditions safely.

Available afterward at HEALTHY PLANET booth 297.

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4:00 pm - 4:45 pm
ROOT CAUSES OF TOOTH LOSS
AND CERAMIC IMPLANT
SOLUTIONS
with Dr. Andrea Scholten, ND and
Dr. Michael Schechter, DDS



Dr. Scholten will discuss the importance of looking beyond the mouth for the root cause of tooth decay, inflammation, tooth loss and other oral health concerns. Dr. Schechter will explain safe and effective treatment solutions to tooth loss using implant dentistry. He'll also describe how he

performs surgery without using pharmaceuticals, and compare the materials used (titanium and zirconium).

Available throughout the weekend at SCHECTER DENTAL booth 133.

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Lecture Hall 203

10:30 am - 11:15 am
SMART METERS, WIRELESS GADGETS, "DIRTY
ELECTRICITY," AND AN INFORMED PUBLIC
with Dr. Andrew Michrowski, PhD (Ottawa, Ont.)



There is an alarming increase in public exposure to microwave technologies and "dirty electricity" in Canada, often in excess of government safety codes. This is hurting both the healthy and environmentally hypersensitive. More people are equipping themselves to check their own environments, and are challenging the authorities. Learn methods for measuring, field reduction and remediation, and provide tips for care in exposure and shielding.

Available afterward for questions at ESSENTIA booth 2.

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11:30 am - 12:15 pm
ADDRESSING STRESS, ANXIETY AND DEPRESSION WITH FOOD AND
NUTRIENTS
with Paul Demeda, Holistic Nutritionist, CNP and Reiki Master

The idea that what you eat affects how you feel is generally accepted, and has well-supported research. This talk will show you how foods and nutrients support or compromise the way your brain works, and how you feel. Learn the key foods and nutrients to use – or avoid – for improving mood, managing stress, and addressing anxiety and depression.

Available afterward at ORTHOMOLECULAR SOCIETY booth 95.

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12:30 pm - 1:15 pm
EMOTIONAL RELEASE WITH LYMPHATIC DRAINAGE
with Ravi Ratan, M.Sc. (Mumbai, India)



Our lymphatic system regulates our health, immune system and eliminates toxins. Our mental and emotional states affect us at subtle levels and can create chakra imbalances leading to lymphatic blockages, and health problems like edema, menstrual imbalances, thyroid issues, lower/upper back pain, heart and breast problems. Ravi Ratan explains the lasting health benefits of emotional release with lymphatic drainage.

Available throughout the weekend at FM'S AROMATHERAPY booth 189.

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1:30 pm - 2:15 pm
ACTIVATING YOUR CRYSTALLINE LIGHT BODY WITH
LITIOS LIGHT CRYSTALS
with Peter Schnell, BASc. (Halifax, N.S.)

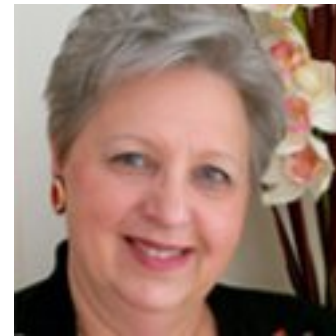


Discover how crystal energies have been used in the past and present to raise consciousness and energies on the planet. Archangel Metatron, the Crystal Angels and Ascended Masters will be presented as well as their higher plan for bringing the Divine Crystal Sphere back to earth. During a meditation, 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, reconstructed and realigned with the Divine Source.

Available throughout the weekend at LITIOS LIGHT CRYSTALS booth 10.

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2:30 pm - 3:15 pm
UNLEASH YOUR INNER WIZARD
with Rev. Alicja Aratyn, M.Eng., DM



For the past 25 years, Alicja has helped many people transform their lives. This visual presentation, filled with stories and legends, will provide a higher understanding of how various shapes effect our lives. Alicja will present Kirlian (aura) pictures of highly advanced geometric structures and will discuss their influence.

Available throughout the weekend at ALICJA CENTRE OF WELL-BEING booth 78.

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3:30 pm - 4:15 pm
BOOST YOUR BONES, CLEAR YOUR ARTERIES
with Dr. Kate Rhéaume-Bleue, ND

Why are so many people lacking calcium in their bones (osteoporosis) while calcium plaque builds up in arteries? Join Dr. Kate Rhéaume-Bleue to learn about vitamin K2, a long misunderstood, fat-soluble nutrient that holds the key to strong bones and healthy arteries by keeping calcium in its place. Discover the surprising truth about cholesterol as well as easy, delicious ways to fight cancer, wrinkles, diabetes and more. How much calcium do you really need? Not as much as you think!

Available afterward at HEALTHY PLANET booth 299.

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4:30 pm - 5:15 pm
HEALING BENEFITS OF LIGHT THERAPY
with Wesley Burwell



Many diseases, including pain, have a direct link to blocked circulation in different areas of the body. By utilizing light therapy over these problem areas, we can increase circulation through the release of nitric oxide and directly assist the cells to produce their own energy and assist the body to resolve pain. Light therapy is also known as "photochemistry," a branch of science shown to initiate beneficial chemical reactions in the body to increase circulation, and a host of other benefits.

Available afterward and throughout the weekend at IN LIGHT WELLNESS booths 136, 137.

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Stage One (Exhibit Hall)

10:15 am – 10:45 am
BHAKTI YOGA
with Gavra Shakti Band

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

Sponsored by ISKCON booth 285.

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11:00 am – 11:45 am
SWEAT – THE 21ST CENTURY SURVIVAL TOOL
with Rodney Palmer



Therapeutic sweating is emerging as an important strategy for preventing everything from viral infections to cancer. Leading research shows that

infections to cancer. Leading research shows that sweating is the most efficient way to rid the human body of toxic metals and chemicals. Patients with fibromyalgia, chronic fatigue, high blood pressure, arthritis and diabetes are being treated in dozens of medical clinics and teaching colleges using SaunaRay infrared saunas. Come and find out more.



Available throughout the weekend at SAUNARAY booth 305.

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12:00 pm – 12:45 pm
OMEGA-3 AND BRAIN POWER
with Miranda Malisani, RNCP

Omega-3s are the building blocks of our health, and play a crucial role in reducing pain, inflammation, and the effects of emotional and physical stress while improving energy, mental clarity, vision, immune and brain health. Join holistic nutritionist and TV personality Miranda Malisani as she shares tips on how to supercharge your brain and body with essential Omega-3s!



Available afterward at NATURE'S SOURCE booths 198, 199.

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1:00 pm – 1:45 pm
SOUL HEALING MIRACLES WITH
DIVINE HEALING HANDS
with Master Sher O'Rourke

Experience the love, forgiveness, compassion and light of Divine's healing hands that can remove blockages of illness, emotional imbalances, relationship challenges and more to make you healthier and happier. Master Sher O'Rourke is a Tao Channel and Disciple of Dr. and Master Zhi Gang Sha. She has the honour to offer powerful soul healing blessings to serve you.



Available afterward at MASTER SHA'S SOUL HEALING CENTRE booths 115, 116.

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2:00 pm – 2:45 pm
CONCUSSIONS CAN BE CORRECTED
with Dr. Roger L. Turner, DC

Dr. Turner, founder and developer of Cranial Adjusting Turner Style (C.A.T.S.), has developed a breakthrough technique for correcting misalignments in the skull caused by the trauma involved in concussions. While C.A.T.S. is not a cure-all and the results vary, it provides another treatment alternative to 'Learning to live with it.' Misaligned bones in the skull can cause the different symptoms of concussions. According to Dr. Turner, "...concussion symptoms can be reversed, post-concussion problems can be prevented, and long-term effects can be avoided."



Available afterward at TURNER BRAIN CARE CONCUSSION & WELLNESS booth 84.

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3:00 pm – 3:45 pm

DISEASE-PROOF YOUR FAMILY AGAINST EPIDEMICS
with Evelyn Krpan

With natural preventive measures, you can reduce your chances of

with natural preventive measures, you can reduce your chances of becoming infected with nasty parasitic viruses and minimize recovery time if you do catch something. Nothing is as strong as a good immune system. For those avoiding vaccines, Evelyn Krpan provides a list of key ingredients to boost your immune system garnered from 45 years of experience.

Available throughout the weekend for questions at booth 166.

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4:00 pm – 4:45 pm
AGED GARLIC TINCTURE FOR
FULL BODY HEALTH
with Martin Dindos



Join this open discussion on the positive long-term benefits of aged garlic tincture, and the many ways Allivictus garlic tincture can help improve your quality of life.

Available throughout the weekend at ALLIVICTUS CANADA LTD booth 213.

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5:00 pm - 5:30 pm
DEMYSTIFYING DETOXIFICATION
AND CLEANSING
*with Nathalie Niddam, CNP, ROHP,
and Melody Byblow, RHN*



Clarify the differences between detoxification and cleansing, and their roles for improving your health. In spite of our best efforts, busy lifestyles and less than optimal food choices result in our bodies being bombarded with toxins on a daily basis. Our detoxification organs can become overwhelmed resulting in a variety of unpleasant symptoms that, left unaddressed, can lead to disease. Learn how to identify appropriate detoxification and cleansing strategies for your stage of life and health.

Available afterward at PURIUM HEALTH PRODUCTS booth 318B.

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Stage Two (Exhibit Hall)

10:15 am - 11:00 am
TASTE THE KNOWLEDGE OF AYURVEDA
with Ismat Nathani



In Ayurveda, lifestyle and diet are of primary importance in disease prevention and promotion of health. Ayurveda works on both the physical and subtle body to balance prana, relax the body, rejuvenate the soul, and calm the mind. A daily practice of Ayurveda self-care brings a person into whole-life balance. Come and get a glimpse into this ancient science. Ismat Nathani, Founder and Director of Education of the Centre for Ayurveda & Indian Systems of Healing (CAISH), shares more than 20 years of experience on the fundamentals of health and healing.

Available afterward for questions at CAISH booth 146A.

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11:15 am – 12:00 pm
MIND-BODY APPROACH TO CANCER
with Sat Dharam Kaur, ND



With Sat Dhiram Kaur, ND

Understand the biology and physiology of the mind-body connection in relationship to cancer, and how we can positively affect that connection through meditation, breathing exercises, visualization and yoga. Learn about the link between your emotions and immune system, along with simple techniques to invigorate your immune system and reverse the effects of stress. Apply a mind-body medicine model to your own life to promote vitality and well-being.



Available throughout the weekend at MAMMAALIVE FOUNDATION booth 143A.

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12:15 pm – 1:00 pm

BOOST YOUR IMMUNITY WITH HERBAL MEDICINE

with Dr. Jenny Jun, ND, M.Sc. Neuroscience

Learn how to select, prepare and administer the right herbs to effectively strengthen your immune system. Find out how to treat the bacterial and viral infections that thrive during the changing seasons and in our work spaces. Understand organic methods and the production of traditional, Canadian-grown herbal liquid extracts.

Available afterward at SMITH'S PHARMACY booths 233-236.

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1:15 pm – 2:15 pm

**FEMALE CEO PANEL:
DEMYSTIFYING FOOD LABELS
AND INDUSTRY TRENDS**

*with Julia Kirouac, CNP, and
Michelle Cass, CNP*



Discover how to read food labels, understand what is truly healthy and the difference in certifications. This panel of CEOs will also discuss business and upcoming trends in the food industry.

*Available for questions throughout the weekend at NUD FUD INC/
RAWFOODZ INC booth 281.*

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2:30 pm – 3:15 pm

**LOOK AND FEEL YOUNGER WITH MINERALS,
THE CURRENCY OF LIFE!**

with Dr. Joel Wallach, DVM, ND (Chula Vista, Calif.)



If you suffer from low energy or chronic fatigue then plan to attend this dynamic lecture by 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 which minerals you need and why they should be part of your daily nutritional program.

Available afterward and throughout the weekend at YONGEVITY booths 191, 192.

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3:30 pm – 4:15 pm

**THE SECRETS OF VASTU –
FENG SHUI ON STEROIDS**

with Brian Gangel, Culinary Nutritionist



Vastu is the ancient 10,000 year old science of

vastu is the ancient 10,000-year-old science of architecture, originating in India. Based on principles of design and construction, it's used to achieve powerful and harmonious living environments, thus promoting overall health, success and prosperity. Sell your house faster and for more money, lower your stress levels, create a more joyful living space for your family, increase your income potential, enjoy positive energy and love your home! Join Vastu Master Brian Gangel in this exciting 'once-in-a-lifetime' seminar!



Available throughout the weekend at NEW MILLENNIUM LIVING LTD booth 139.

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4:30 pm - 5:15 pm
THE AUTOIMMUNE CRISIS –
HOW TO PREVENT IT FROM HAPPENING TO YOU
with Dr. John Dempster, ND, FAARFM, ABAAHP



Current statistics show that autoimmune disease (of all types) is drastically on the rise, and is set to exceed both cancer and heart disease. Learn how to identify and treat the underlying causes and triggers of autoimmune disease. Discover ways to prevent and treat autoimmune illness naturally using a functional medicine approach.

Available afterward for questions at SMITH'S PHARMACY booths 221-224.

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