

Whole Life Expo 2015

Canada's Largest Showcase of
Natural Health & Green Living

Now in its 29th Year!

November 27, 28, 29 2015 • Metro Toronto Convention Centre

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Friday Speakers - November 27, 2015

Lecture Hall
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Lecture Hall
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Stage One
(Exhibit Hall)

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Activity Stage

Lecture Hall 202

5:30 pm - 6:15 pm

VEGETARIANISM 101:

EASY STEPS TO EATING LESS MEAT!

with *The Toronto Vegetarian Association*

Interested in making healthier, more sustainable, and more compassionate food choices? The Toronto Vegetarian Association will give you tips and tools for going

vegetarian or reducing your consumption of animal products, and answer those commonly asked questions like where do I get my protein, and what's a quick meal I can pull together on a work night?

Available afterward for questions at **TORONTO VEGETARIAN ASSOCIATION** booth 200.



6:30 pm - 7:30 pm

GET OFF THE FOOD GRID:

A LECTURE IN HONOUR OF

STEVE MEYEROWITZ SPROUTMAN®

with *Sprout Brothers: Ari & Noah Meyerowitz (The Berkshires, Mass.)*

Join Sproutman's two sons, Ari and Noah Meyerowitz, in remembering Steve's wonderfully impactful life. The Sprout Brothers will show you how to bring life back into your diet – even in the middle of winter! You'll be amazed at how practical and easy it is. Learn all about how and why you need to add these abundant, delicious, organic baby greens and micro-greens to your diet today.

Available afterward for questions at **UPAYA NATURALS** booths 228-230.



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Lecture Hall 203

5 pm - 6 pm

LIVE CELL MICROSCOPY

with *Shooka Monazami, B.Sc., Nutritionist*

In our journey of becoming healthier, live cell analysis can check your blood to give you and your practitioner a baseline to help you achieve optimal health. Live cell microscopy can reveal: vitamin and mineral levels; bacterial, fungal and parasitic life forms; liver and circulation congestion; a weakened immune system, and more.



Available afterward for questions at **SMITH'S PHARMACY** booth 222

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6:15 pm - 7:15 pm
HOW TO HEAL YOURSELF NATURALLY
with Brian Gangel,
Quantum Reflex Analyst Expert



Join Brian for an “eye-popping” review on the most important health issues of our time: the dental dilemma, parasites, virus and bacteria, the toxic food supply, digestive death, sleep issues, stress and the adrenal connection, and finally Vastu (the secret science).

Available afterward for questions at OSUMEX booth 168.

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Stage One (Exhibit Hall)

5 pm - 5:45 pm
EMBRACE NATURE, GET HEALTHY
with Harry Jongerden

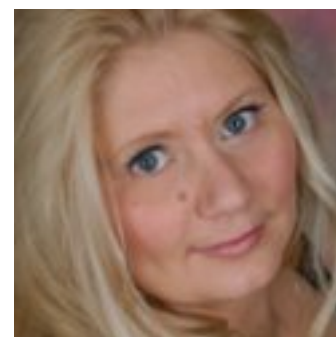


Science confirms that exposure to nature and natural beauty has a positive impact on people's health and wellbeing. Our immune systems, our emotional wellbeing and even our crime rates are improved by experiences of natural landscapes, gardens and plants. Harry Jongerden, Executive Director of Toronto Botanical Garden, will provide these facts, and more.

Available afterward for questions at THE BEE SHOP booth 265.

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7 pm - 7:45 pm
ANIMAL COMMUNICATIONS AND HEALING
with Charlotte Szivak, Animal Communicator
(Hamilton, Ont.)



Radio show producer, host and spokesperson, Charlotte Szivak will lead 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 CHARLOTTE SZIVAK booth 85.

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Stage Two (Exhibit Hall)

5 pm - 5:45 pm
BODY MIND AND CUPCAKE:
A LOVE TRIANGLE –
HOW TO MAKE THE RIGHT CHOICE
with Lue Maxwell, Raw Food Chef



Do you want to enjoy a healthy and sexy body that you feel good in? Do you lack the willpower to give up your favourite foods? Does your favourite outfit scream “I told you so” when you try and squeeze into it? Lue provides the perfect answer. Discover how to bring your three loves together in harmony without deprivation or guilt.

Available afterward for questions at LUE MAXWELL FOOD WRANGLER / CASCADE HOLISTIC booth 82.

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6 pm - 6:45 pm
THERAPEUTIC EFFECTS OF JUICING
with Michael Bergonzi (Union City, Mich.)



Michael has been an authority on wheatgrass and its benefits for more than 25 years. Learn about living food and green juice programs. The high chlorophyll content of wheatgrass and green juice has a number of health benefits including purification of the blood, improved blood sugar levels, higher brain function. Drinking fresh green juices also helps flush out environmental toxins and heavy metals.

Available afterward at VIBRANT HEALTH INSTITUTE booth 127.

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Activity Stage

6:30 pm to 7:15 pm
SHIATSU MERIDIAN STRETCHING FOR HEALTH
with Alex Pereklita,
President, Shiatsu Therapy Society



Join Alex for a set of meridian stretches, with the focus on breathing and feeling the energy flow.

Available afterward for questions at SHIATSU THERAPY SOCIETY booth 106.

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Natural Health & Green Living

Now in its 29th Year!



Vitality Magazine - The Trusted
Source for Natural Health Solutions

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Saturday Speakers - November 28, 2015

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Stage One
(Exhibit Hall)

Lecture Hall 201

11:30 am - 12:30 pm

REGENERATE AND ENJOY A VITAL LIFE
with Roland Jentschura, M.Sc. (Germany)

Roland Jentschura has studied human metabolism and nutrition for 20 years, with a focus on disease recovery through Alkaline-Acid balance and purification. In addition to lecturing worldwide, he's also a consultant to the Austrian Olympic team, and author of numerous publications on health and human biochemistry. Come and learn how to prevent disease with an alkaline-balancing lifestyle.



Available afterward for questions at YOU IN FOCUS PRODUCTS booth 116.

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12:45 pm - 1:45 pm

FIX HORMONE IMBALANCES:
THE BODY SHAPE DIET CURE
with Cass Ingram (Chicago, Ill.)

Your body shape reveals your hormonal weaknesses. It's key to knowing what you should and shouldn't eat, and what supplements to take. Discover the ideal diet to improve your overall health and shape, through Ingram's *The Body Shape Diet*.



Available afterward for questions at HEALTHY PLANET booths 255-256.

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2 pm - 3 pm

INFLAMMATION - THE SILENT KILLER
Dr. John Dempster, ND, FAARM, ABAHP

Long standing, unresolved inflammation has been associated with an armful of disorders including heart disease, diabetes, cancer, and autoimmune conditions. Our modern diet, lifestyle, environment and genetics all play a role with our body's inflammatory response - often pushing us further into the red. Come and learn the most cutting edge natural treatments to curb inflammation, help reduce disease risk, and treat many of the chronic health conditions facing us today.

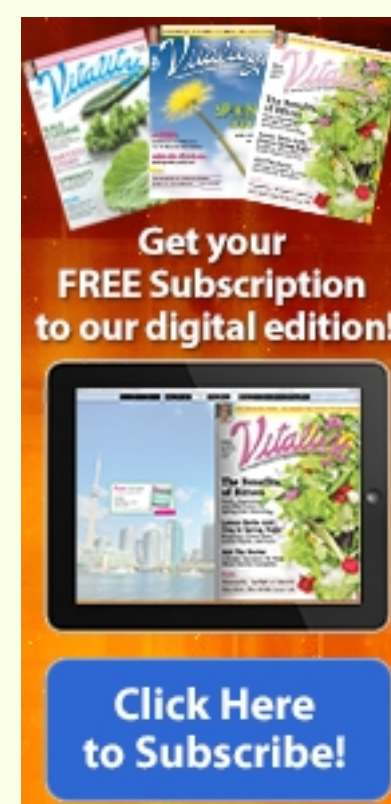
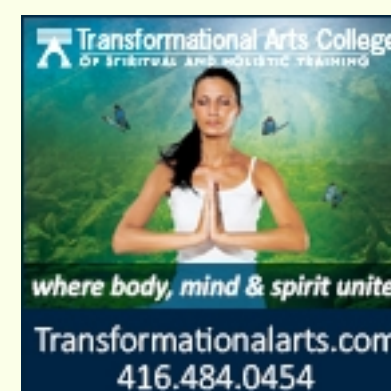


Available afterward for questions at SMITH'S PHARMACY booth 202.

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KASYAPA
INSTITUTE
www.kasyapa.ca



3:15 pm - 4:15 pm
SUSTAINED 100% ENERGY –
OPTIMIZING EVERY HOUR, EVERY DAY
with Sam Graci (Salt Lake City, Utah)



Join Sam for tips on how to fuel the body for genuine energy and vitality! Learn why people suffer from low energy; how superfoods including fruits, vegetables, and herbs invigorate the body. Discover natural caffeine sources that enhance mental alertness, and the power of downtime and gratitude.

Available afterward for questions at HEALTHY PLANET booths 248-263.

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4:30 pm - 5:15 pm
DESIGNING YOUR UNDIET:
FUELLING A HEALTHY AND AWESOME LIFE
with Meghan Telpner, CNP, CNE (Toronto, Ont.)



Meghan Telpner will motivate and entertain with her signature humour and honesty. Meghan will share her own health journey, infused with nutritional science and know-how, explaining how she came to design the ideal, optimally healthy UnDiet, and guiding you along on how to create the best one for yourself.

Available afterward for questions at ACADEMY OF CULINARY NUTRITION booth 115.

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5:30 pm - 6:45 pm
MY TOP TEN SUPPLEMENTS FOR LONGEVITY
with Dr. Zoltan Rona, MD, MSc (Toronto, Ont.)



There are many natural health products proven to help you live longer by preventing illness, lengthening your telomeres, and reducing inflammation. This lecture will discuss the top 10 longevity-enhancing supplements and provide the scientific rationale for their use. Learn how you can be proactive at improving your health, preventing illness and living longer using the right supplements.

Available afterward and throughout the weekend for questions at HIGH LEVEL WELLNESS booth 101.

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Lecture Hall 202

11:45 am - 12:45 pm
7 BILLION DIETS FOR 7 BILLION PEOPLE:
WHAT WORKS FOR YOU?
with Julie Daniluk, RHN



Nutritionist and author Julie Daniluk shares science-based nutrition facts in a fun and interactive workshop. Should you be Paleo or vegetarian? Should you enjoy raw cuisine or macrobiotic? It all comes down to what your body needs. Julie will help you navigate the world of nutrition. Learn 10 key superfoods that reduce the inflammation that looms in the background of your pain and weight gain. Check out more information at www.juliedaniluk.com

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

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1 pm - 1:45 pm
MEDICATIONS FOR MANAGING DEPRESSION,
ANXIETY AND INSOMNIA
with Dr. Philip Rouchotas, M.Sc., ND



Many of the medications currently used for mental health are ineffective, can cause serious side effects, and raise the risk of more serious harm. This talk will explore the evidence surrounding these medications, and highlight effective natural medicines that can be safely added to these prescriptions, as well as natural treatment options available to those not yet medicated for depression, anxiety, and insomnia.

Available afterward for questions at SMITH'S PHARMACY booth 202.

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2 pm - 2:45 pm
EPIGENETICS: HOW YOUR LIFESTYLE
AFFECTS YOUR DNA
*with Dr. Joel Wallach, DVM, ND
(Chula Vista, Calif.)*

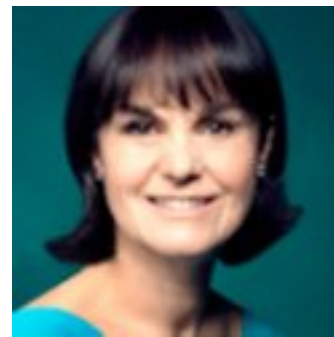


The science of Epigenetics is about unlocking clues to how environment and lifestyle can induce changes in the expression of certain genes linked to biological development and disease. Join Dr. Wallach as he discusses the link between lifestyle, gene expression and disease manifestation. His exciting book *Epigenetics* will also be available.

Available afterward for questions and book signing at YOUNGEVITY CANADA booths 162-163.

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3 pm - 3:45 pm
THE POWER OF A BEAUTIFUL SMILE
with Dr. Dana Colson, DDS (Toronto, Ont.)



Your mouth can be your best asset for looking attractive and healthy at any age. Wellness-Based Dentistry can help you achieve this with a holistic approach using minimally invasive techniques combined with the latest technologies and biocompatible materials. Learn how this can take years off your appearance and save money on dental work in the future.

Available afterward and throughout the weekend for questions at DR. DANA COLSON & ASSOCIATES booths 152-153.

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4 pm - 4:45 pm
STRATEGIES TO MANAGE DIABETES
with Andria Barrett, CNP, FAS (Toronto, Ont.)



Come and learn about the latest research on supplements and strategies for managing diabetes (both Type 2 and pre-diabetes). Join Andria as she shares the latest research on supplements such as Omega-3, Gymnema, and probiotics, and discusses strategies and tips for diabetes management. This educational and fun presentation draws on the principles of blood sugar balance. We will also look at artificial sweeteners and sugar alternatives.

Available afterward for questions at SMITH'S PHARAMCY booths 202.

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5 pm - 5:45 pm
CHANGE YOUR MIND. CHANGE YOUR LIFE



Dr. Mandy Wintink, PhD (Toronto, Ont.)

During this session, you will learn how to identify and re-frame your thinking style into a positive, optimistic, and success-driven perspective. You will also learn the mental and physical health benefits of doing so, and the brain science associated with optimism and positivity. Come and acquire the tangible tools for changing your mind, your brain, and your life.



Available afterward and throughout the weekend for questions at CENTRE FOR APPLIED NEUROSCIENCE booth 45.

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6 pm – 6:45 pm
CLEARING INFLAMMATION
TO REDUCE YOUR DISEASE RISK
with Darrick S. Kim, PhD (Chicago, Ill.)

Inflammation is a major cause of many diseases including arthritis, diabetes, and cancer. Come and learn about the top natural supplements and herbs for managing symptoms and clearing toxic inflammation without drugs. Special focus on black peppercorns, chrysanthemum flower, turmeric rhizome, and more.



Available afterward for questions at EPHRAKAY INTERNATIONAL booth 138.

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Lecture Hall 203

11:45 am - 12:30 pm
FACTS, FICTIONS, AND FAIRY TALES: WHAT TO
BELIEVE WHEN HEALTH EXPERTS SPEAK
with Paul Demeda, Holistic Nutritionist, CNP

Being bombarded with new, changing, and often conflicting health information – especially in the areas of foods, nutrients, and exercise – can lead to confusion, wasted effort and money, and to making potentially harmful health decisions. Understand why the “science” of health and medical research is not as definitive as we often think it is. Learn key ways to assess the value and accuracy of the health information you are exposed to.



Available afterward for questions at INSTITUTE OF HOLISTIC NUTRITION booth 154.

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12:45 pm - 1:45
pm
BREAK UP WITH
YOUR
BLEMISHES: GET
ACNE-FREE BY
ATTAINING
BEAUTIFUL SKIN
NATURALLY

with Jean Eng & Kriss Grcic



Learn how to gently and naturally break the acne cycle with Ayurveda and traditional Chinese medicine. Understand the root cause of your breakouts to design an effective and customized program using all-natural acne solutions and facial treatments. Explore the many safe and proven options that can enhance your unique beauty. Watch a demonstration of facial cosmetic acupuncture and learn why it can work for you.

Available afterward for questions at PURE + SIMPLE BEAUTY booths 156-157.

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2 pm - 2:45 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. Energy teachings, song and beautiful photos allow you to experience the heart chakra of Mother Earth, a land of healing like no other. With 30 years experience, in the healing of indigenous peoples' communities, Sandra Moon Dancer is an internationally renowned shaman. She shares stories of adventure, enlightenment and beauty. Join us in the land of fire and ice. Receive an early bird discount for travel in 2016.

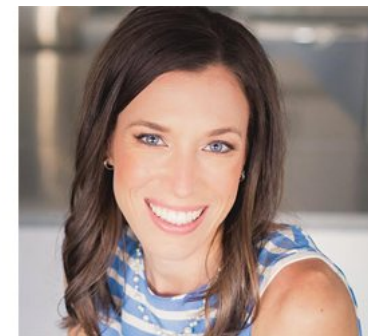
Available afterward for questions at CENTRE OF CIRCLE WISDOM booth 48.

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3:00 pm - 3:45 pm

**MY TOP TEN PLANT-BASED
MEAL IDEAS FOR BUSY PEOPLE**

with Marni Wasserman, Culinary Nutritionist



Marni has made the transition to eating more plant-based meals so easy, that even the most stubborn carnivores will be leaving this talk inspired to eat more plants at home. Learn to transform your plate, and you will always feel fully nourished after every meal you make. The benefits of a plant-based lifestyle have been publicized far and wide, and include healthy weight, better metabolism, improved immune system, improved cholesterol, and ridding your body of sickness and disease.

Available afterward for questions at MARNI WASSERMAN + THE ULTIMATE HEALTH PODCAST booth 96.

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4 pm - 5 pm

THE SACRED LANGUAGE AND SCIENCE OF SOUND: AN
ENERGY MEDICINE WORKSHOP

with Gaisheda Kheawok



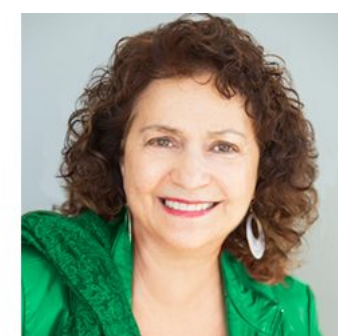
In the Seneca and Celtic traditions, being a singer is synonymous with healing. In the shamanic energy medicine tradition, "everything is energy and everything is frequency." Sacred sound bypasses the storylines of the mental and emotional bodies and goes directly to the source of dis-comfort. Gaisheda Kheawok is a seer and medicine person. Her cutting-edge work in shamanic soul-based energy medicine has pioneered the bridge between ancient tribal wisdoms and contemporary healing practices.

Available afterward for questions at THE WHISPERING SONG TEACHING LODGE booths 86-87.

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5:15 - 6:00 pm

THE ABCs OF ESSENTIAL OILS:
SAFE AND EFFECTIVE ALTERNATIVES TO
TOXIC HOUSEHOLD PRODUCTS
with Sabina DeVita, Ed.D., NNCP, IASP, CBP



Dr. DeVita will share her own personal wellness journey, and those of her clients with chemical/environmental sensitivities, who made the change to a holistic lifestyle. She will share material, from her

book *Vibrational Cleaning*, about why therapeutic high-energy essential oils are a major breakthrough for home care and well-being. Learn how the “Thieves” household cleaner is a safe, effective plant-based cleaner for laundry and dishes. Find out how the “Thieves” and “Purification” essential oil proprietary blends can cleanse mould, mildew, and much more without the use of toxic chemicals. Discover the advantages of improving indoor air quality with Pine essential oil, well known for its germ-fighting, disinfectant properties and its ability to revitalize the mind, body, and spirit.

Available afterward for questions and book signings at YOUNG LIVING ESSENTIAL OILS booths 146-149.

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6:15 pm - 7:15 pm
THE FUNDAMENTALS OF ANTI-INFLAMMATORY LIVING
with Julie Daniluk, RHN

Join Julie Daniluk, nutritionist and best-selling author of *Meals that Heal Inflammation*, as she explains these fundamentals. Understand how to bust stress, eliminate pain, and balance hormones with this fun workshop. Learn more at www.JulieDaniluk.com



Available afterward for questions at JULIE DANILUK CONSULTING booth 111.

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Lecture Hall 204

12 pm - 12:45 pm
SENSORY BALANCING THERAPY:
AUTISM BREAKTHROUGH TREATMENT
with Kelly Armstrong, OTR/L (Jacksonville, Fla.)

Explore Sensory Balancing Therapy (SBT), a non-invasive application of DC microcurrent used to rebalance the nervous system and produce behavioral changes in autism, and decrease stress and disease. Witness SBT’s efficacy though hands-on demonstrations, and discuss patient case scenarios.



Available afterward for questions at ACUMED MEDICAL LTD. booth 119.

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1 pm - 1:45 pm
AYURVEDIC AROMATHERAPY
FOR WELLNESS AND CHAKRA BALANCE
with Ravi Ratan, M.Sc. (Mumbai, India)
Healing with essential oils is rooted in the ancient wisdom of Ayurveda, which describes three doshas: Vata, Pitta, Kapha. These are based on body type and the combination of the five elements – earth, water, fire, air and ether. Using oils according to the elements for chakra healing is the basis for Ayurvedic aromatherapy.



Available afterward for questions at FM’S AROMATHERAPY booth 67.

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2 pm - 2:45 pm
WHY FUTURE ORGANIC FOODS
ARE HERE TO STAY
with Robert Appel, Author and Broadcaster



with Robert Appel, Author and Broadcaster

Today's foods are contaminated by radiation, pesticides and genetically modified DNA from seeds and plants. There are few true "clean" foods found when electronically tested for nitrates and pesticides. Discover how to test your food and remove contaminants, restore health, and remove pollutants from your body.



Available afterward for questions at BIOTRONIX RESEARCH INSTRUMENTS booth 109.

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3 pm - 3:45 pm
HOW PAST LIVES AFFECT
YOUR HEALTH TODAY
with Jane Durst-Pulkys, B.Sc., RNCP, CNP



Chronic health issues can be like recurring dreams, representing unfinished business or lessons to be learned from past lives. Discuss questions, share experiences and gain techniques to explore health issues from a spiritual perspective.

Available afterward for questions at ECKANKAR booth 83.

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4 pm - 4:45 pm
THREE MISSING MAGIC MINERALS
with Evelyn Krpan

Evelyn shares the latest news about Dr. Hulda Clark's Concentrates for eliminating parasites, and the advances in addressing new, nastier parasite mutations. Learn how to get a complete internal facelift from digestion to liver and gallbladder or kidney problems. Look and feel like your wonderful self again.

Available afterward for questions at HULDA CLARK REMEDIES booth 108.

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5 pm - 5:45 pm
REINCARNATION AND THE
EVOLUTION OF CONSCIOUSNESS
with Michael Uyttebroek
Wondering about reincarnation? Gain new insights on this fascinating subject. Topics include: What is spirit-form (what is its purpose and how does it evolve?); reincarnation vs. incarnation,



programming of the personality; spiritual consciousness, and more.

Available afterward for questions at FIGU-LANDEGRUPPE CANADA booth 70.

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Stage One (Exhibit Hall)

11:45 am - 12:30 pm
REVERSING NEARSIGHTEDNESS
with John Yee, BA, MA, RO



Ortho C can reverse near-sightedness quickly and safely, and without the risk and healing time or laser surgery. Unlike other methods, Ortho C doesn't change the shape of the cornea but relaxes the muscles within the eye safely and naturally.

Available afterward for questions at THE EYE FIX booth 124.

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12:45 pm - 1:30 pm
COQ10 - THE POWERHOUSE ANTIOXIDANT
with Dr. Kate McLaird, ND

Dr. McLaird will explain the integral role of vitamin CoQ10 within the body and how it serves as the “powerhouse” of antioxidant activity. Based on recent scientific literature, see how this vitamin can improve health conditions including cardiovascular concerns, fertility, intense migraines, and brain health. Practical tips and suggestions will empower you to take control of your own health, and make the most informed choices on CoQ10 supplementation to feel your best!



Available afterward for questions at HEALTHY PLANET booth 278.

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1:45 pm - 2:30 pm
REVERSE AGING FOR YOUR BRAIN!
with Dr. Kate Rhéaume-Bleue, ND

Did you know that you can grow new brain cells? Fight Alzheimer’s early and enhance mental sharpness at any age by understanding the science of cognitive health. Join author and popular media guest Dr. Kate Rhéaume-Bleue to learn exactly what happens to the brain as we age and how to grow your brain younger. Dr. Kate will discuss diet, supplements, habits for healthy cognition, and brain-boosting games.



Available afterward for questions at HEALTHY PLANET booth 279.

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2:45 pm - 3:30 pm
ARE YOU ESTROGEN OVERLOADED?
with Andrea Donsky, B.Comm., RHN

Estrogens are not just hormones produced by women but are found in our food, environment, cosmetics, and more. Join Andrea for an eye-opening discussion on estrogen overload, also called estrogen dominance. Discover how to balance hormones without prescription hormone drugs, and the secret to eliminating acne, breast and ovarian cysts, fibroids and more.



Available afterward for questions at HEALTHY PLANET booth 254.

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3:45 pm - 4:30 pm
SELF-HEALING WITH SOURCE ENERGY
MEDICINE AND THOUGHT FIELD THERAPY
with Fern Wolf

If you believe that the tools for healing should be simple, safe and universally available, then you will be inspired by this talk. Learn how quickly and easily you can apply Source Energy Medicine and Thought Field Therapy to restore, balance, and transform every aspect of your being.



Available afterward for questions at GOOD VIBRATIONS HEALTH booth 104.

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4:45 pm - 5:30 pm
RAISING YOUR CONSCIOUSNESS THROUGH LOVING YOURSELF
with Ann Sahadath and Bill Little

Join Bill and Ann, hosts of the show Conscious



Join Bill and Ann, hosts of the show *Conscious Connections* and founders of the ever-growing Clearly Conscious Community, as they share the journey of Consciousness and Love. Discuss questions on defining and raising consciousness, and how it applies to everyday life.



Available afterward for questions at CLEARLY CONSCIOUS ENERGETICS booth 84.

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6:00 pm - 7:00 pm
DISCOVER THE SECRETS OF YOUR KARMA
with Erik Valdman

Good health, rewarding relationships, and even business and financial success are all mere indicators of the state of our karma. Erik will share his understanding of ancient energy practices. Learn how to awaken your internal inherent abilities and reposition yourself for health, happiness, and prosperity.



Available afterward for questions at ART OF BIM booth 121.

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Stage Two (Exhibit Hall)

11:30 am to 12:15 pm
THE POWER OF PLANTS
*with Paul Zammit, Director of Horticulture,
Toronto Botanical Gardens*

Discover fun and creative ways you can improve your wellbeing by selecting the right plants for the right place. Whether you have a small backyard garden, balcony garden or just a window sill, we'll help you unearth a full range of plants that will have you eating fresh and feeling great. Paul will also discuss pollinator-friendly plants for your garden that will help increase your garden's yield while supporting our local beneficial insect population. You'll also learn about the best double-duty indoor plants that not only look great, but clean the air as well.



Available afterward for questions at THE BEE SHOP booth 265.

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12:30 pm - 1:15 pm
HOW TO BALANCE YOUR BLOOD SUGAR
with Henry Xiong, RAc., R.TCMP

Come and find out about the nutritional approach to balancing blood sugar and preventing diabetes. This is achieved through modifying the diet and nutrition, while at the same time tonifying the kidney, liver, spleen, and pancreas. Henry will include a close look at medicinal herbs, especially a new Astragalus formula.



Available afterward for questions at SAGEE CANADA booth 150.

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1:30 pm - 2:15 pm
HOW TO REDUCE STRESS AND
RAISE YOUR ENERGY AT THE SAME TIME
with Dr. Gaetano Morello, M.Sc., ND

Stress and fatigue are two of the biggest issues affecting our fast-moving lifestyles. Join Dr. Morello as he explains stress response and why it impacts our health. Learn the real science behind stress and what



health. Learn the real science behind stress and what can be done naturally to reduce its impact on the human body. Discover which key components are involved in energy production and how to better support our bodies to become energetic again.



Available afterward for questions at SMITH'S PHARMACY booth 202.

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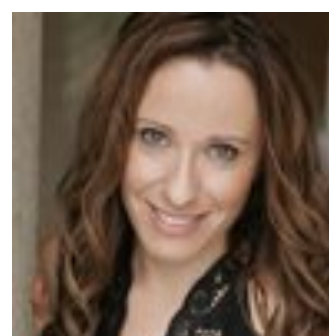
2:30 pm - 3:15 pm
BENEFITS OF MAGNETIC THERAPY
with Ruth Murray

According to Dr. Kenneth Maclean, magnetic therapy is good for any disorder and harmful to none. Safe and natural, 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.

Available afterward at SERENITY 2000 - IT'S MAGNETIC booth 29.

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3:30 pm - 4:15 pm
THE EPIGENETIC DIET USING NATURE'S
MOST PRIZED SUPERFOODS
with Renita Rietz



Join Renita as she discusses the basics of epigenetics, and how we can influence our genetic destiny, slow down the aging process, and minimize degeneration through dietary and lifestyle choices. Renita will present strategies for prevention and regeneration, and reveal superfoods that have the capacity to interact with the epigenome and modify gene expression.

Available afterward for questions at YOUR ORGANIC SOURCES booths 252-253.

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4:30 pm - 5:15 pm
ENERGY HEALING
with Grand Master Qi Feilong, TCM

Join world-renowned Qigong Master Qi Feilong as he demonstrates Qi energy. Watch how internal healing energy can twist a steel spoon, and break chopsticks with a \$20 bill. Starting with a group meditation and

healing, learn how Qigong holistic therapies can help to restore and maintain total body health.

Available afterward for questions at WORLD SHAOLIN CHANMI KUNGFU ASS'N & QIGONG WELLNESS booth 51.



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5:45 pm - 6:45 pm
"EARTH SONG" CD RELEASE HEALING CONCERT
with Michael Moon

Join Michael for a gentle sound healing experience incorporating songs and chants for the earth with guided and musical meditations. The experience is designed to open our hearts, and feel the interconnected web of Mother Nature within and around us.



Available afterward for questions at THE TEMPLE OF SOUND booth 2-3.

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Activity Stage

2:30 pm to 3:15 pm
SELF SHIATSU
with Lisa Dowling

Learn simple self-shiatsu techniques to help with symptoms such as digestive issues, headaches, and back pain.

Available afterward for questions at SHIATSU THERAPY SOCIETY booth 106.



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3:45 pm to 4:30 pm
LIVE CIZE DEMONSTRATION
with Tara Houser and Cara Dorland

Dance your way to a stronger, healthier you with Shaun T's newest dance-style fitness program.

Available afterward for questions at INDEPENDENT TEAM BEACHBODY COACH booth 80.



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5 pm to 6:15 pm
LEARN TO CHECK YOUR FOOD WITH DOWSING
with Master Teresa Yeung

Learn how to dowse and check your food, supplements and herbs using chi-activated energy to protect against dirty energies, electromagnetic frequencies, and improve mood.



Available afterward for questions at THE SEVENTH HAPPINESS SCHOOL OF CHI GONG booth 66.

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6:30 pm - 7:15 pm
PROBIOTIC SUPPLEMENTS – AN OVERVIEW
with Greg Gharibian

Join Greg for a general overview of probiotic supplements. Learn how probiotic work, what to look for in a supplement, and what digestive problems they can help with.

Available afterward for questions at CUSTOM PROBIOTICS CANADA booth 212.

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Sunday Speakers - November 29, 2015

Lecture Hall
201

Stage Two
(Exhibit Hall)

Lecture Hall
202

Activity Stage

Lecture Hall
203

Lecture Hall
204

Stage One
(Exhibit Hall)

Lecture Hall 201

11 am - 12 pm

HOW TO REVERSE THE EFFECTS
OF STRESS ON YOUR WELL-BEING

with Dr. Elie Klein, ND, B.Sc. (Toronto, Ont.)

It is said that stress accounts for more than 70% of doctor visits. Stress contributes to high blood pressure and cholesterol, diabetes, weight gain, mood and cognitive problems, digestive concerns, poor immunity, and more. Understand the connection, and gain empowering strategies to reverse the negative effects of stress on your physical, emotional, and mental well-being.



Available afterward for questions and book signings at
NANTON NUTRACEUTICALS booth 210.

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12:15 pm - 1:00 pm

WAVES OF LIGHT –
CHANNELING LOVE AND HEALING

with Birgit Skorpen (Bavaria, Germany)

Since 2009, Birgit Skorpen has been asked by the Seraphim, archangels of the highest order, to be their voice. As their messenger, Birgit shares their wisdom. The Seraphim teach that peace is the essential nature of creation, and are with us now to restore us to our true nature. Come and experience their tremendous love, care, and healing power. Learn more at www.blissfulhealth.ca



Available afterward for questions at BLISSFUL HEALTH booth 68.

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1:15 pm - 2 pm

90+ HOW I GOT THERE

with Dr. Gifford-Jones, MD (Winnipeg, Man.)

In 1975, Dr. Gifford-Jones started writing a newspaper column as a hobby, and 40 years later *The Doctor Game* column is still published in papers across Canada. Come and hear Dr. Gifford-Jones as he discusses “do’s and don’ts” of aging, and his experiences with interviewing outstanding medical authorities on challenging medical issues. He’ll also cover the benefits of taking high doses of vitamin C and lysine, and how it’s helped to keep him healthy into his 90s, in spite of a heart attack 16 years ago.



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Available afterward for questions and book signings at NATURE'S SOURCE booths 158-159.

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2:15 pm - 3:00 pm REWIRE YOUR DESIRE –
BRING YOUR SEXY BACK!
with Dr. Michelle Garieri, B.Sc., ND



Ladies, are you feeling overwhelmed, overweight, or un-sexy? What if you could regain some of your youth once again? Learn how to boost your vitality and balance your hormones naturally to revive your inner goddess. Dr. Garieri is a naturopathic doctor focusing on women's health care.

Available afterward for questions at SMITH'S PHARMACY booth 202.

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3:15 pm - 4 pm
NATURAL FUEL FOR OUR 24-HOUR,
365-DAY LIFESTYLE
with Sam Graci (Salt Lake City, Utah)



Join Sam as he explains why nourishing diets are more important than ever in today's, non-stop world! Learn how to nourish the adrenals with natural herbs, minerals and vitamins; why "unplugging" can nourish your body, mind, and spirit; and how to optimize your nutrition with powerful green foods, fruits, vegetables, herbs, and sprouts.

Available afterward for questions at HEALTHY PLANET booths 248-263.

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4:15 pm - 5 pm
TOXICITY, WHOLE BODY BURDEN
AND DENTAL CAVITATIONS
with Dr. Michael Schechter, DDS



Join Dr. Schechter, and his integrative health team of naturopathic doctors and a holistic dentist, as he explains environmental toxicity, where it comes from, and its potential negative health effects. Learn about the factors that contribute to a decreased capacity to deal with toxicity, causes of increased body burden, and the options for testing, and treatment. Hear about toxicity from dental cavitations, how they relate to body burden and disease, the challenge in diagnosis, and the latest treatments.

Available afterward for questions at SCHECTER DENTAL booth 286.

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Lecture Hall 202

11:30 am - 12:15 pm
THE JOY OF BREATHING:
PRIORITIES IN REBUILDING LUNG HEALTH
with David Aiello, Director of Research
at BioAdvantex Pharma



Breathing problems such as persistent cough, tightness in the chest, shortness of breath, and excess mucous can bring us down. David Aiello will show you how to improve your lung health with n-acetylcysteine, and experience the blessing and joy of breathing easier.

Available afterward for questions at SMITH'S PHARMACY booth 202.

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12:30 pm - 1:15 pm
THE 21ST CENTURY HUMAN:
DETOXING A DISEASE-PRONE BODY
with Rodney Palmer



Since the Industrial Revolution, humans have endured a plastic revolution, a chemical revolution, and a pharmaceutical revolution, and have suddenly morphed into a toxic-laden, disease-prone species in decline. Rodney Palmer, founder of SaunaRay, will deliver the latest research on the science of sweat. Learn the facts on how daily sweating can return your body to its natural healthy state, without medication.

Available afterward for questions at SAUNARAY booth 281.

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1:30 pm - 2:15 pm
HEALING BENEFITS OF LIGHT THERAPY
with Wes Burwell

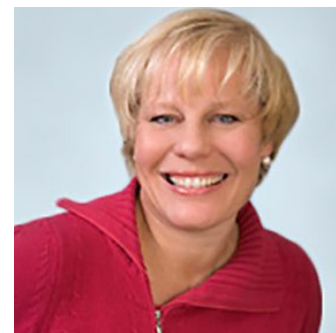


Many diseases have a direct link to blocked circulation in the body. By utilizing light therapy on problem areas we can increase circulation and assist the body to resolve pain. Light therapy, also known as "photochemistry," is a branch of science shown to initiate beneficial chemical reactions in the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

Available afterward for questions and throughout the weekend at IN LIGHT WELLNESS SYSTEMS booths 90-91.

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2:30 pm - 3:15 pm
BLADDER PEACE OF MIND
with Ruth Ann Baron, ND



Learn how "Angel's Herb" or Angelica archangelica has been used historically for bladder support, and to treat urinary incontinence, chronic bladder infections, irritation, and bacteria. This prized botanical from Iceland has been clinically demonstrated to provide relief for symptoms of overactive bladder without side effects.

Available afterward for questions at SMITH'S PHARMACY booth 202.

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3:30 pm - 4:15 pm
THE INFECTION CONNECTION:
LYME, FUNGUS, CANDIDA AND MORE
with Cass Ingram (Chicago, Ill.)



Killer germs are already here. Learn about powerful natural remedies for reversing dozens of conditions, including sudden infections from epidemic-like germs, and chronic illnesses. Discover how potent spice extracts can kill virtually any germ, deadly bacteria, parasite, fungus, and virus, and discover how to naturally immunize yourself against infection.

Available afterward for questions at HEALTHY PLANET booths 255-256.

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4:30 pm - 5:15 pm
COLOUR TRANSFORMS LIVES
with Moira Bush

Take the frustration and guessing out of what is actually blocking your finances and relationships through colour therapy. Colour identifies and

transforms the hidden stories that stop you from leading a successful, happy, and healthy life. Moira is an international teacher and renowned for her life-changing spiritual boot camps.

Available afterward for questions at MOIRA BUSH SPIRITUAL ENTREPRENEUR booth 136.

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Lecture Hall 203

11 am - 12 pm
PLEASE LET ME SLEEP!
with Nadine Cyr, ND

For many of us, a good night's sleep is a foreign concept. Chronic sleep deprivation can lead to serious physical, mental, and emotional symptoms. Join Dr. Cyr as she explains the mysteries of sleep, and its many benefits. She'll also discuss various signs of sleep deprivation, practical solutions, and natural treatment options including the use of passionflower extract for relaxing and calming the mind.



Available afterward for questions at SMITH'S PHARMACY booth 202.

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12:15 pm - 1 pm
THE FIVE ACUPRESSURE POINTS
EVERYONE SHOULD KNOW
with Derek Shin, B.Sc., MA (Psych.), R.Ac.

Join Derek to learn how to incorporate the basics of Eastern Taoism and Zen into your life including five master acupressure points to help reduce pain, stress, anxiety, depression, and fatigue.



Available afterward for questions at WELLNESS INTERNATIONAL CORP. booth 107.

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1:15 pm - 2 pm
PEACE MEDITATION WITH
LITIOS LIGHT CRYSTALS
with Peter Schnell, B.A.Sc. (Halifax, N.S.)

As the Earth's vibration increases, discover how divine crystal energies have been used in the past and present to raise consciousness and energies on the planet. Join Peter in a peace mediation while holding a

Litios Light Crystal to intensify the experience. These crystals are highly energized light tools that have been infused in a sacred way.



Available afterward and throughout the weekend for questions at LITIOS LIGHT CRYSTALS booth 10.

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2:15 pm - 3 pm
THE CONNECTION BETWEEN
HORMONES AND WEIGHT LOSS
with Andrea Donsky, B.Comm., RHN

Weight management can be complicated by low thyroid, adrenal exhaustion, blood sugar problems, and female hormones. Join Andrea as she explains common conditions and lifestyle factors impeding your ability to shed those pounds. Discover: How to lose weight effortlessly; how stress affects weight gain; the connection between low thyroid and stubborn weight problems; nutrients that melt fat away; how estrogen causes belly fat; what food choices can make weight



and, new estrogen causes belly fat, what food choices can make weight loss effortless, and more.

Available afterward for questions at HEALTHY PLANET booth 254.

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3:30 pm - 4:15 pm
A HOLISTIC APPROACH TO DENTISTRY
with Dr. Leyla Emami, DDS



Many people today are concerned about heavy metal toxicity. Dr. Emami will discuss safe removal protocol, alternative materials, and minimally invasive techniques, and gum treatments including Pinhole Surgical Technique (PST™). PST 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 for questions at DR. DANA COLSON & ASSOCIATES booths 152-153.

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Lecture Hall 204

11:30 am - 12:15 pm
THE AMAZING WONDERS OF GANODERMA
with Hugh A. Simmonds



Discover an easy way to enhance your immune system. Learn about the natural difference of Ganoderma lucidum and spores, known in China as the 'King of Herbs', and prized in Chinese Pharmacopeia for more than 2,000 years! Find out how it has been packaged to facilitate daily consumption without the need to pop pills. Samples will be provided for tasting.

Available afterward for questions at NATURE AND YOU INC. SYMPHONY COFFEE booth 267.

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12:30 pm - 1:15 pm
KINESIOLOGICAL MUSCLE TESTING:
TAPPING INTO THE GOD FORCE
with Brian Gangel, Quantum Reflex Analyst Expert

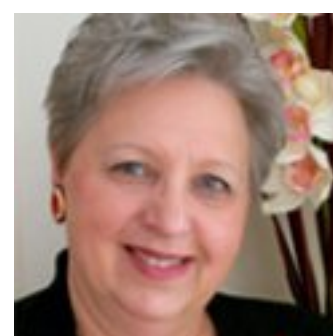


Come and discover what some have called "the medicine of the 21st century." This free introductory class will demonstrate the power that is within all of us, and will explain why exploring the quantum mechanics in the human body is like tapping into the God force. Brian will share his knowledge and experience using muscle testing to look at nutritional deficiencies, blockages in the energy flow, and much more.

Available afterward for questions at NEW MILLENNIUM LIVING LTD. booth 117.

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1:30 pm - 2:15 pm
THE SPIRITUAL ASPECT OF YOU
with Rev. Alicja Aratyn, M. Eng., DM

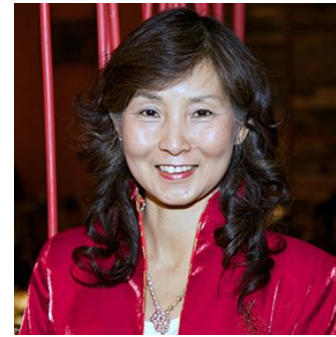


In the Aquarian Age we are fascinated by new possibilities – is this the "promised time" of total enlightenment for all? Rev. Alicja invites you to come and discover: What Matrix is and how we can implement it in everyday life; Why it is important to increase our personal vibrations; How personal vibrations can change our spiritual development; Truth vs. Perception – why are we are afraid of it? A better understanding of these things holds the key to Sacred Knowledge. Join us to begin your conscious journey through the Aquarian Age.

Available afterward and throughout the weekend for questions at ALICJA CENTRE OF WELL-BEING booth 26.

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2:30 pm - 3:15 pm
IMPROVE VISION WITH EYE QI GONG®
with Master Teresa Yeung



Join Teresa Yeung as she demonstrates and speaks about how Chi Gong can improve your vision. She is the founder of the Seventh Happiness School of Chi Gong and the sole successor of Grandmaster Wu's Qi Gong Lineage. Wu is a distinguished Chi Gong master

and creator of Wu's Eye Qi Gong, researched on thousands of people.

Available afterward for questions at THE SEVENTH HAPPINESS SCHOOL OF CHI GONG booth 66.

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3:30 pm - 4:15 pm
WHAT'S SIMPLE IS TRUE
with Michael Bergonzi (Union City, Mich.)



The body is able to recover from any health issue through one simple thought. Michael will speak about our ultimate connection to Earth and each other, and how to get back to the truth in order for our bodies to begin to heal themselves. Michael Bergonzi has been a foremost authority in the field of wheatgrass and its benefits over the past 25 years, having formerly worked with the Hippocrates Health Institute and then establishing his own wellness centre in Michigan.

Available afterward and throughout the weekend at VIBRANT HEALTH INSTITUTE booth 127.

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Stage One (Exhibit Hall)

11 am - 12 pm
MAXIMIZE YOUR MINERALS
TO PREVENT DISEASE
with Dr. Joel Wallach, DVM, ND (Chula Vista, Calif.)



Join "Doc" Wallach, the "Mineral Doctor" as he explains the role and importance of minerals and essential nutrients for optimum health. Based on his "90 For Life" philosophy, learn how to develop and implement a powerful nutritional program and avoid health issues from arthritis, to high blood pressure, anemia and cancer, which are associated with mineral deficiencies.

Available afterward for questions at YOUNGEVITY CANADA booths 162-163.

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12:15 pm - 1 pm
STRONGER BONES, HEALTHIER HEART
with Dr. Kate Rhéaume-Bleue, ND



Confused about calcium? Suspicious of statins? Why are so many people lacking calcium in their bones (osteoporosis) while calcium plaque builds up in arteries? Clear up your confusion about cholesterol and demystify bone health. Join

Dr. Rhéaume-Bleue to learn about nutrients that hold the key to strong bones and healthy arteries by keeping calcium in its place.

Available afterward for questions at HEALTHY PLANET booth 279

1:15 pm - 2 pm
VITAMIN B12 AND ITS ROLE
IN OPTIMAL HEALTH
with Dr. Kate McLaird, ND



Vitamin B12 plays a fundamental role within the body, governing healthy DNA replication and ultimately promoting healthy aging! Dr. McLaird will explain the significance of vitamin B12 for red blood cell production, peripheral nerve cell function, and brain function. Learn how to optimize your vitamin B12 absorption from both food and supplements, and be empowered to promote health from the inside out, no matter what your age!

Available afterward for questions at HEALTHY PLANET booth 278.

2:15 pm - 3 pm
ESSENTIAL OILS FOR WOMEN'S HEALTH
with Lori Koebel



Hormones are unique to every individual. As a woman ages and hormone levels change, it's crucial to use safe products such as clary sage, cypress, and basil CPTG oils to balance hormone levels and allow our bodies to naturally protect themselves exactly how nature intended. Learn how to: increase progesterone in your body by putting thyme and oregano on the bottom of your feet; reduce daily stress levels by taking 2-3 drops of Frankincense under your tongue; and reduce toxicity levels in your body three ways (aromatically, topically, and internally) by incorporating citrus oils daily.

Available afterward for questions at DOTERRA booth 118.

3:15 pm - 4 pm
LEARN TO PRAY AND HEAL
with Nate Frederick



Have you suffered from sickness and longed for better health? Attend this interactive talk to learn how to pray, and experience healing for yourself and others. International speaker Nate Frederick will explain how individuals have been cured of everything, from blood deficiencies to cancer, through prayer.

Available afterward for questions and answers at SPIRITUAL HEALTH AND WELL-BEING booth 61.

4:15 pm to 5 pm
THE HEALING BENEFITS OF CAMEL PRODUCTS
with Arif Gilany



Research into the science behind camel wool has proved it be effective for therapeutic purposes (arthritis, joint and back pain relief, and muscle support). Camel wool is hypoallergenic and breathable. Its thermo-regulating properties allow camel-wool quilts and blankets to provide the deepest sleep. The Bedouin have used camel milk for thousands of years for its healing properties. Its natural anti-bacterial and alpha-hydroxy properties keep skin plump and smooth, and it is also used to treat skin disorders such as eczema, psoriasis, and acne.

Available afterward for questions at THE CAMEL COMPANY OF CANADA

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Stage Two (Exhibit Hall)

11:30 am - 12:15 pm
SPROUTMAN'S 7-DAY JUST JUICE DIET
with Sprout Brothers: Noah and Ari Meyerowitz,
(The Berkshires, Mass.)



Let the Sprout Brothers, show you how to detox, lose weight, and feel great! Your body is an amazing machine. But like anything else – it gets clogged! Think of Sproutman's Juice Diet as a makeover from the inside out. Your liver, intestines, pancreas, lungs – these are your closest friends and they are calling for your love and attention; it's time to give it to them!

Available afterward for questions at UPAYA NATURALS booths 228–230.

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12:30 pm - 1:15 pm
BEAUTIFUL SKIN, YOURS NATURALLY
with Lanre Tunji-Ajayi



How radiant and youthful your skin looks depends on what your skin eats, breathes, and wears. If you desire younger, healthier skin, then come and learn how to achieve beautiful, blemish-free skin –naturally. Lanre will teach you how to keep your skin youthful, healthy, and vibrant.

Available afterwards and throughout the weekend for questions at ALL NATURALS COSMETICS booth 282.

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1:30 pm - 2:15 pm
CELLULAR HEALTH
WITH REDOX SUPPLEMENTS
with Dr. Ron Hill, B.Sc., DC, FIACA
and Judy Soper



Empower your body at a cellular level for optimal health and healing. Assist your cells, from inside out and outside in, to become the perfect performing machine to live younger, longer, and healthier. Hear current revolutionary redox research on how to protect, repair and replace cells. Rejuvenate your skin's health issues from wrinkles, imperfections, cellulite, acne, and elasticity.

Available afterward for questions at ASEA RENU 28 booth 112.

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2:30 pm - 3:15 pm
NATURAL SOLUTION FOR ALLERGY RELIEF
with Miriam Bricks



Do you suffer from watery eyes, runny nose, and scratchy throat due to allergies? Miriam will discuss an innovative, proprietary and

Will discuss an innovative, proprietary, and clinically proven product that provides an effective treatment for allergy symptoms. She shares a published study that demonstrates how quickly Allergy-FX™ can work. Made from certified organic quail eggs, this new formulation is fundamentally different from any other natural or drug approach to allergy relief.



Available afterward for questions at SMITH'S PHARMACY booth 202.

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3:30 pm - 4:15 pm
EMPOWER THE BUSINESS GODDESS IN YOU!
with Sandra Moon Dancer, B.Sc., M.H.Sc.



Are you stressed about how to manifest a career that brings you joy everyday, and financial abundance? Do you worry about your business or career dreams? Learn the three most common mistakes people make when in business and how to shift them. Actualize your true purpose and affirm yourself as an abundant, innovative, leading-edge manifestor. Join us to immediately take your business to the next level.

Available afterward for questions at CENTRE OF CIRCLE WISDOM booth 48.

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4:30 pm - 5:15 pm
THE GLUTATHIONE BREAKTHROUGH –
TELL ME MORE
with Jasmine Theberge, Registered Restorative Dental Hygienist and International Speaker



Glutathione is our body's #1 antioxidant, anti-inflammatory, and detoxifier. Find out how new Ribocene technology raises intracellular glutathione by 300%. Do you want optimal health? Centenarians, who live to be 100 years old, have the glutathione levels of a 25 to 35 year old. Live your best life ever, full of energy, and with exceptional cellular healthy, naturally.

Available afterward and throughout the weekend at MAX INTERNATIONAL booth 135.

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Activity Stage

1:00 pm - 1:45 pm
THE EGYPTIAN POSTURES QIGONG SYSTEM
with Jason Quitt



The Egyptian Postures of Power is an ancient system of self-mastery through energy healing, initiations, and activation techniques. Like Qigong, Tai Chi, Yoga, and Vedic Mudras, the Egyptian system utilizes movements, postures, geometry of the body and mind to go in harmonic resonance with universal energies. Each posture builds new pathways and energetic fields around and in the body to reconnect to the universal “spider's web” of consciousness fields. Once sensitized to these energies they can be used for specific purposes of healing, enlightenment, and personal growth. For thousands of years these methods have been practiced by small groups of initiated practitioners to cleanse, balance, and align our physical, mental, emotional, and spiritual bodies with the natural life giving forces of the universe.

Available afterward for questions at AMBERSOL booths 42-43.

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3:00 pm - 3:45 pm
THE KNOWLEDGE BOOK, ALPHA CHANNEL AND GOLDEN AGE
with Fatlind Melani

The Knowledge Book, a gift from the skies to humanity during this intense transition of our planet together with all the living beings on it, is a disclosure of the Universal establishment to our planet through a program of unification of the Earth with the Ordinance of CosmoSes. Information will be given about the Channel Alpha, Cosmic Age, Golden Age, Sacred Books Program, Current States of our Planet, Evolutionary Steps of Humanity in the Future Centuries, our Extraterrestrial Sisters and Brothers, and other info.

Available afterward for questions at THE KNOWLEDGE BOOK booth 6.

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