

Whole Life Expo 2016

Canada's Largest Showcase of
Natural Health & Green Living

Now in its 30th Year!



October 21, 22, 23 2016 • Metro Toronto Convention Centre

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2016 Exhibitors

> 2016 Speakers

2016 Showguide

Special Features

Show Hours

Buy Tickets

Directions to
Convention Centre

Public Transit

Accessibility

Contact Us

> Previous Years
Speakers/Exhibitors

Home

Friday Speakers - October 21, 2016

Lecture Hall 206-B

Stage One (Exhibit Hall) Stage Two (Exhibit Hall)

Lecture Hall 206-B

5:30 pm - 6:30 pm
PAIN COMES NATURALLY, RELIEF CAN TOO!
with Michael Bentley, CEO SierraSil

Get informed on your options as SierraSil CEO Michael Bentley addresses the challenges with conventional treatments of pain relief. He'll also look at the evidence on select natural joint health ingredients, and how SierraSil might be of benefit to you.



Available afterward for questions at SMITH'S PHARMACY booth 146 - 148.

[Back to top](#)

6:45 pm - 7:30 pm
LASER ACUPUNCTURE TO CLEAR ENERGY BLOCKS AND
HOW TO BOOST NUTRITION
*with Martee Tegtmeyer, Transcutaneous Acupuncture
Certified, SK, TFH, BG*

Join Martee as he introduces new, powerful, laser applications, and also how home sprouting can achieve vibrant health and real nutrition. He'll also demonstrate how to achieve various benefits such as: doubling the potency of vitamins and minerals; neutralizing food sensitivities; stimulating the production of natural hormones, and reducing free radicals (up to 80 per cent in three to five days).



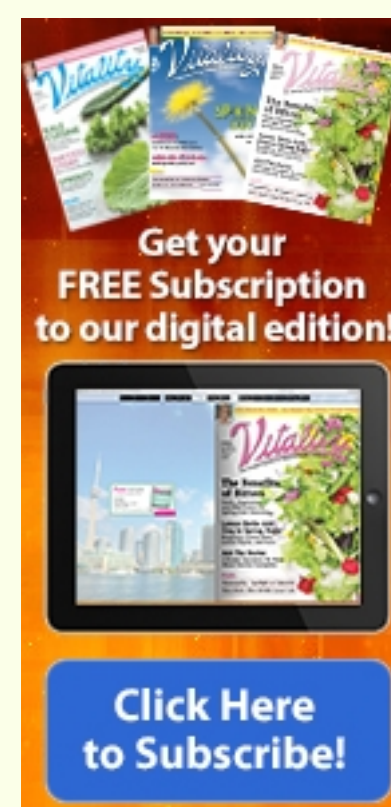
Available afterward for questions at SPROUTGROWERS AND ULTIMATE WELLBEING EDUCATION booth 189

[Back to top](#)

Stage One (Exhibit Hall)

6:00 pm - 6:45 pm
SICK MINDS - SICK BODIES
with Dr. Joel Wallach, DVM, ND (Chula Vista, Calif.)

Are you concerned about the mass killings, bombings, and other acts of violence grabbing the headlines almost on a daily basis? If you are wondering if this is the new "crazy," you won't want to miss this provocative and stimulating lecture. "Doc" Wallach will explore the connection between sick minds and sick bodies from the prospective of chronic nutritional deficiencies aggravated by prescription drugs and manifesting as bizarre and criminal behaviours. Both genetic and environmental issues will also be discussed.



Available afterward for questions at YOUNGEVITY CANADA booth 110 - 112.

[Back to top](#)

7:00 pm - 7:45 pm
TRAINING FOR ELITE ATHLETES
with Stephanie DiGrazia, RHN (Toronto, Ont.)



Registered Holistic Nutritionist and weight-loss coach Stephanie DiGrazia has always had a passion for food, and an interest in health and wellness. Her areas of expertise include but are not limited to: weight loss, digestive health, immunity building, food sensitivities, meal planning for athletic performance, cholesterol, as well as energy and adrenal health. Here she focuses on the science and art to customizing strength and conditioning programs to meet each client's unique set of needs.

Available afterward for questions at HEALTHY PLANET booths 178, 179.

[Back to top](#)

Stage Two (Exhibit Hall)

6:00 pm - 6:45 pm
THE IMMUNE-BRAIN LOOP – HOW YOUR MIND
AFFECTS YOUR HEALTH
with Stephen Dobos, BBA, CSMI



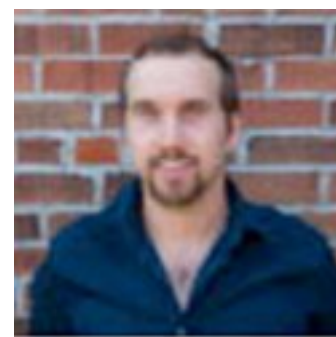
Join Stephen Dobos on this guide to self-healing with visualization. His newest book *Heal Yourself Today*, is a collection of proven techniques for self-healing. Hear

about a new study on psychoneuroimmunology (or PNI) that looks at the interaction between psychological processes, and the nervous and immune systems of the human body and how it can be influenced through meditation and visualization. View video testimonials of people who have used these methods to heal cancer and MS, shrink tumours, improve eyesight, and more. The techniques are scientifically proven and are based on the Silva Method of mind control.

Available afterward for questions at SILVA METHOD TORONTO booth 32.

[Back to top](#)

7:00 pm - 7:45 pm
REDISCOVERING CACAO –
FOOD OF THE GODS
with Mathieu McFadden



Come and share your gratitude for cacao! Discover some of the unique history of cacao as Mathieu discusses this food of the gods, including soil, spiritual ecology, stone grinding, potentiation, cacao as a gift, not a panacea, and more.

Available afterward for questions at CHOCOSOL TRADERS booth 226.

[Back to top](#)

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Now in its 30th Year!



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Natural Health Solutions

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> 2016 Speakers

2016 Showguide

Special Features

Show Hours

Buy Tickets

Directions to
Convention Centre

Public Transit

Accessibility

Contact Us

> Previous Years
Speakers/Exhibitors

Home

Saturday Speakers - October 22, 2016

Lecture Hall
205

Lecture Hall
206-D

Lecture Hall
206-B

Lecture Hall
204

Stage One
(Exhibit Hall)

Stage Two
(Exhibit Hall)

Lecture Hall 205

11:30 am – 12:15 pm

IMPROVE YOUR LIFE BY REDUCING TOXINS IN YOUR
BODY AND HOME

with Paul Demeda, Certified Nutritional Practitioner

It is known that environmental toxins have multiple negative effects on the body, and are contributing factors for health problems like high blood pressure, skin conditions, anxiety and depression, and cancer. Although the body naturally removes toxins, it can be overwhelmed by excessive exposures and low levels of detoxification-supporting nutrients. Learn practical ways to reduce your toxic load and increase your natural detoxification capacity.



Available afterward for questions at INSTITUTE OF HOLISTIC NUTRITION
BOOTH 241.

[Back to top](#)

12:30 pm - 1:15 pm

MY TOP 5 NUTRIENTS FOR MENTAL AND EMOTIONAL
WELL-BEING

with Amanda Burke, Certified Holistic Nutritionist

Breakthroughs in orthomolecular nutrition, herbal medicine, and supplementation may hold the key to mental and emotional wellness. If you are experiencing emotional instability, or struggling with depression, anxiety, memory challenges or cognitive decline of any kind, the answer may be as simple as adding these breakthrough nutrients into your lifestyle. Join Amanda Burke as she uncovers recent scientific breakthroughs, research, and patented ingredients designed to get you on the road to the clarity and well-being.



Available afterward for questions at NAKA HERBS & VITAMINS booth 114.

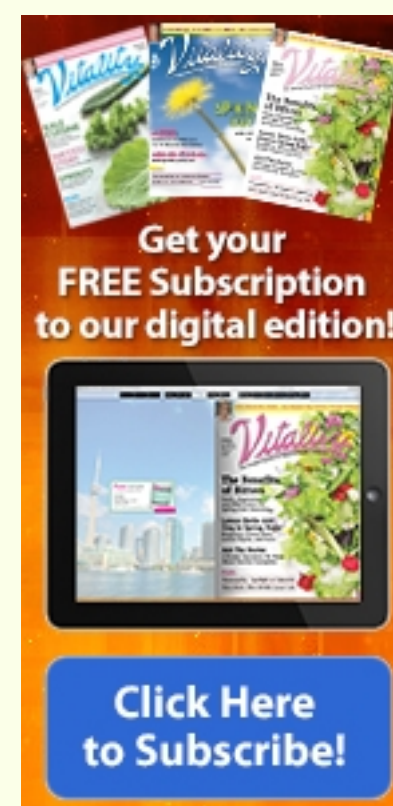
[Back to top](#)

1:30 pm - 2:15 pm

REVERSING OSTEOPOROSIS, ARTHRITIS, AND
INFLAMMATION – THE WILD SPICE SECRET

with Cass Ingram (Chicago, Ill.)

Come and hear about the latest research as published in Cass Ingram's book, *The Bone Building Miracle*. Learn about the power of wild spice oils and spice foods to reverse inflammation, especially osteoporosis. Find out the secret to eliminating these diseases with foods such as wild



out the secret to eliminating these diseases with foods such as wild Mediterranean spices and spice oils, garlic, onion, special fruit, and wild berries. Get well through the power of nature – for your better health.

Available afterward and throughout the weekend for questions and booksignings at HEALTHY PLANET booths 180 - 183.

[Back to top](#)

2:30 pm - 3:15 pm
CREATE YOUR IDEAL SHAPE FROM THE INSIDE OUT
with Melissa Tucker, RHN, CPT, NLPP, CBP



In this talk, Holistic Nutritionist and Pro Body Builder Melissa Tucker explains how to transform your body with specific strategies for exercising and eating. As a fitness coach, she understands that building your ideal body happens from the inside out. Come and learn about goal-based eating, cheat meals, maximizing fat loss, and how you can achieve better results with the least effort.

Available afterward for questions at CANADIAN SCHOOL OF NATURAL NUTRITION booth 71.

[Back to top](#)

3:30 pm - 4:15 pm
TEN ESSENTIALS FOR JOYOUS HEALTH
with Joy McCarthy, (Toronto, Ont.)



Holistic Nutritionist and best-selling author Joy McCarthy will review her top 10 essential habits for joyous health – from the best superfoods to daily habits like lemon and water. Many people live their lives feeling “okay” and assume that health is simply the absence of disease. Joy will share her personal health journey and inspire

you to expect more, to accept joyous health and not be satisfied with just feeling okay. You will learn key nutrition and lifestyle habits to help you live joyously, and feel and look fabulous – putting you on a permanent path to joyous health.

Available afterward for questions at HEALTHY PLANET booth 180 - 183.

[Back to top](#)

4:30 pm - 5:30 pm
MY TOP 10 SUPPLEMENTS FOR DISEASE PREVENTION AND LONG LIFE
with Dr. Zoltan Rona, MD, M.Sc. (Richmond Hill, Ont.)



The common assumption that old age brings ill health does not have to be true for you. Modern research is revealing new findings on the power of nutritional medicine. For example, higher blood levels of vitamin D have been linked to lower risk of many diseases, as well as increased lifespan. There are also at least a dozen nutrients that, in optimal amounts, can boost longevity through multiple mechanisms. Come and hear about Dr. Rona’s favourite supplements for a longer and healthier life.

Available afterward and throughout the weekend at HIGH LEVEL WELLNESS booths 86,87 for questions and booksignings.

[Back to top](#)

5:45 pm - 6:45 pm
BOOST HAPPINESS AND LIVE TO 110 WITH ANTI-INFLAMMATORY NUTRITION
with Julie Daniluk, RHN (Toronto, Ont.)



It’s easy to boost joy and longevity with key changes to your diet. Research is confirming the direct link between the state of your digestion and your state of mind. Learn which foods clear inflammation, alleviate

mind. Learn which foods clear inflammation, alleviate poor digestion, calm the mind, and lift the mood. Learn techniques that turbocharge immunity and conquer stubborn weight issues with powerful anti-inflammatory superfoods and supplements. Nutritionist Julie Daniluk hosts Healthy Gourmet (on OWN), a reality cooking show that looks at the ongoing battle between taste and nutrition. Her award-winning bestseller, *Meals that Heal Inflammation*, has helped over 100,000 people enjoy allergy-free foods that taste great and assist the body in the healing process.

Available afterward for questions at JULIE DANILUK CONSULTING INC booth 232.

[Back to top](#)

Lecture Hall 206-D

11:45 am - 12:45 pm

PROJECT VAGINA: MODERN STRATEGIES FOR REVITALIZATION

with Dr. Kristy Prouse, MD, FRSC (OB/GYN)



Urogenital atrophy can result from the dwindling of estrogen that occurs with menopause. Thinning of vaginal and vulvar tissues is the common denominator in all symptoms that detract from vaginal health, including dryness, painful intercourse, burning, urgency and frequency of urination, mild stress incontinence, and recurrent bladder infections. Learn about treatments that can be used to revitalize pelvic floor muscles along with vaginal and vulvar tissues, including bio-identical hormone replacement therapy and cutting edge technology including CO2 fractional laser therapy and bio-photomodulation.

Available afterward for questions at INSTITUTE FOR HORMONAL HEALTH booths 74,75.

[Back to top](#)

1:00 pm - 1:45 pm

HEALTHY, HAPPY, AND OVER 100 YEARS OLD – WHAT’S HER SECRET?

with Roland Jentschura, M.Sc. (Germany)



In 2012, Margarete Jentschura became a centenarian (she is now 103½ years). She attributes her longevity to a set of simple principles based on the ancient tradition of German naturopathy. Her son has researched the human metabolism and established an international health and beauty company. Now her grandson, Roland Jentschura, will tell you how easily the principles of the acid-alkaline balance can be implemented into your daily life – for a better life.

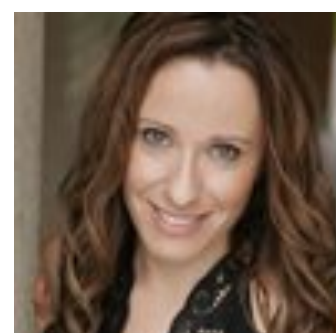
Available afterward for questions at YOU IN FOCUS PRODUCTS booth 77.

[Back to top](#)

2:00 pm - 3:00 pm

TAKE CONTROL OF YOUR GENETIC DESTINY AND BOOST YOUR MICROBIOME WITH SUPERFOOD NUTRITION AND FERMENTATION

with Renita Rietz (Toronto, Ont.)



The science of epigenetics reveals that we have tremendous power when it comes to modifying gene expression. The foods we choose along with the health

of our microbiome strongly impact our potential for vitality and well being. Discover the latest research on some of nature’s most powerful foods.

herbs, prebiotics, probiotics and fermented tonics. More importantly, learn how to uncover which of these epigenetic superfoods is right for you. Even the healthiest of foods may not be ideal for your biochemical make-up. Learn how to determine the healthiest diet for peak performance and longevity.

Available afterward for questions at ORGANIC TRADITIONS booths 195, 196.

[Back to top](#)

3:15 pm - 4:00 pm
OPTIMAL HEALTH: WHERE
CULINARY AND FUNCTIONAL
NUTRITION MEET
with Meghan Telpner and Josh
Gitalis (Toronto, Ont.)



Join Josh Gitalis, Functional Medicine Practitioner, and Meghan Telpner, bestselling author, nutritionist, and founder of the Academy of Culinary Nutrition, as they delight and inspire you to achieve optimal health. Merging the fields of functional nutrition and therapeutic supplementation with the healing benefits of key foods and lifestyle practices, husband and wife team, Josh and Meghan, will change the way you think about health – from prevention through to healing. You will leave the session feeling empowered to bring more culinary and functional nutrition into your own health practice, whether for personal use or to help you further support your clients and patients.

Available afterward for questions at ACADEMY OF CULINARY NUTRITION booths 92,93.

[Back to top](#)

4:15 pm - 5:00 pm
GREEN SUPERFOODS – THE BENEFITS OF THESE
NUTRITIONAL POWERHOUSES
Dr. Katherine Kremblewski, ND (Yorkville Integrative
Health, Toronto)



Why is a diet high in fruits and veggies so important for great health? The not-so-secret weapon of these fresh foods is phytonutrients!! These amazing, plant-based nutritional powerhouses are what make green superfoods so appealing to those seeking awesome health with busy lives. But not all superfoods are created equal. Join Katherine Kremblewski, ND to discuss how our food supply has changed, and why supplementing with phytonutrients can protect and improve your health. Learn how to amplify your diet by choosing the most phytonutrient-rich foods and supplements, and more about the benefits you will feel every day.

Available afterward for questions at HEALTHY PLANET booth 178 - 184

[Back to top](#)

5:15 pm - 6:00 pm
CONSCIOUSNESS – CHANGING THE LENS
THROUGH WHICH YOU SEE YOUR LIFE
with Andrea Sahadath and Bill Little



There is a lot of talk about “Conscious” living lately. It sounds hokey, but it's not. In fact, it is very real and it impacts us all each and every day. Consciousness is simply an inner awareness and knowing, the lens through which we see the world. Come join Andrea and Bill as they discuss what consciousness means, why it matters, and how you can change the lens through which you see your world.

Available afterward and throughout the weekend at CLEARLY CONSCIOUS booth 82

[Back to top](#)

6:15 pm - 7:00 pm
KELANI DANCE AND KELANI SPIRIT INTERACTIVE DEMONSTRATION
 with Ioana Aboumitri



Kelani Dance and Kelani Spirit are Polynesian-inspired holistic movement classes. Kelani Dance is a blissful, barefoot, healing, Polynesian-inspired hip-shakin', chakra- rockin', holistic program for every BODY, with a storytelling island twist. Kelani brings the heat of the islands to the hips and is accessible and sustainable to all.

Kelani Spirit is a Polynesian-inspired healing journey. Based on the powerful respect and reverence the Polynesians have for nature, this class transports participants through a deep and powerful mindful movement class based on the premise of healing visualization. Movements are powerful, tribal, and grounded. This class was designed for goddesses and warriors alike, igniting the masculine and feminine divine aimed at achieving balance, flow and healing.

Available afterward for questions at Canadian School of Natural Nutrition booth 71.

[Back to top](#)

Lecture Hall 206-B

12:15 pm - 1:15 pm
FOUR EASY STEPS TO CREATING FLAWLESS SKIN
BY IMITATING NATURE
 with Jean Eng, Esthetician, Ayurvedic Practitioner



Can you go all natural and still be confident with your glow? Learn how to easily maintain that youthful glow regardless of age or skin type by imitating nature in four easy steps. Achieve smooth, flawless skin by cultivating the five basic qualities that sustain lifelong health and beauty with the help of natural skincare and Ayurveda.

Jean Eng is a certified ayurvedic practitioner and esthetician and the co-founder of Pure + Simple spa (four locations), a pioneer in natural skincare. Pure + Simple is renowned for the knowledge and expertise of its Skin Sages. Their clients have voted Pure + Simple winner of *NOW's* "Best of Toronto Facial" for multiple years, including 2015.

Available afterward for questions at *PURE + SIMPLE BEAUTY* booths 99-100.

[Back to top](#)

1:30 pm - 2:30 pm
THE WISDOM OF EPIGENETICS VIA SHAMANISM/SOUND AND ENERGY MEDICINE
 with Gaisheda Kheawok



In the Shamanic tradition, "everything is energy and everything is frequency." Sacred Sound bypasses the mental and emotional bodies and goes directly to the source of dis-comfort by heightening spiritual awareness, releasing suppressed emotions, changing thought patterns, and establishing new belief systems. Join us as we explore the emerging science of Epigenetics and how Shamanism via Sacred Sound can bridge this new science.

Gaisheda Kheawok is an international speaker, seer, medicine person, tribal elder, and founder of the Whispering Song School of Energy Medicine. She is a member of the Association for Comprehensive Energy Psychology, the Canadian Association for Integrative Therapies, and a member of the Seneca Indian Historical Society. Her work as a clinical therapist bridges traditional and contemporary counselling practises.

Available afterward for questions at THE WHISPERING SONG TEACHING LODGE booths 42-43.

[Back to top](#)

2:45 pm - 3:45 pm
ICELAND – HEALING AT THE HEART OF MOTHER 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, magic and peace like no other. With 30 years' experience in the healing and indigenous peoples' communities, Sandra Moon Dancer is an internationally renowned shaman and executive director of Centre of Circle Wisdom. She shares stories of adventure, enlightenment, and beauty. Come receive an early-bird discount for travelling in 2017. Join us in the Land of Fire and Ice.



Available afterward for questions at CENTRE OF CIRCLE WISDOM booth 67.

[Back to top](#)

4 pm - 5 pm
THE KETO DIET FOR EFFECTIVE WEIGHT MANAGEMENT
with Dr. Joel Wallach, DVM, ND (Chula Vista, Calif.)

Join Dr. Wallach for a discussion of the keto approach to weight loss management and optimal health. A keto diet is known for its low carb ketones (from fat), which are used as energy, a state known as ketosis. By using fat, not carbs, as fuel in this metabolic state, a keto diet supports healthy weight management and optimal health. Youngevity will be introducing two new products to support the keto diet.



Available afterward for questions at YOUNGEVITY CANADA booths 110-112.

[Back to top](#)

5:00 pm - 5:45 pm
IMPROVE MEMORY AND PREVENT DEMENTIA BY CLEARING BRAIN INFLAMMATION
with Dr. Kate Rhéaume-Bleue, ND

Discover how silent inflammation anywhere in the body can effect mood, memory, and focus. In this talk, Dr. Kate explains how hidden inflammation sets the stage for foggy thinking, cognitive decline, and even dementia. Learn the unexpected causes of inflammation and how diet, lifestyle, and supplements can help sharpen memory, lift mood, and strengthen the brain.



Available afterward for questions at HEALTHY PLANET booth 202.

[Back to top](#)

6:00 pm - 7:00 pm
VACCINATIONS, ALLERGIES, AND THE EROSION OF
INFORMED CONSENT
with Heather Fraser, MA, BA, B.Ed.



Heather Fraser, author of *The Peanut Allergy Epidemic*, explains the link between vaccinations and life-threatening allergies. Learn about Ontario's plan to impose mandatory 'education sessions' on parents wishing to exercise their legal right to informed consent. Recognize how our rights and freedoms are under attack by the medical establishment.

In 1995, Heather's one-year-old son reacted violently to eating peanuts and developed anaphylaxis, a severe life-threatening sensitivity that persisted through his childhood. Her intensive research into how and why he became reactive to common foods in the first place led her to natural means to help him recover. She also came to the conclusion that the expansion of the vaccination schedule in the late-1980's triggered this epidemic, which today affects hundreds of thousands of Canadian children.

In her book, she provides evidence that allergies were ushered in with the introduction of vaccinations and the use of injectable medicines. There is no meaningful screening for the one-size-fits-all vaccines and the government takes no responsibility for adverse outcomes. The vaccination schedule as a whole has never been tested for safety.

Available before and after the lecture for questions and booksignings at VACCINE CHOICE CANADA booth 113.

[Back to top](#)

Lecture Hall 204

12:00 pm - 12:45 pm
ESSENTIAL OILS FOR MEN'S HEALTH
with Lori Koebel, DoTerra Wellness Advocate



Start your wellness journey one drop at a time with the help of wellness advocate Lori Koebel. Learn how to use essential oils for natural remedies. Hear how DoTERRA's CPTG essential oils, which contain frankincense, tea tree, juniper berry, cardamom and lemon oil, can reduce health risks, manage mood, improve energy, and maintain a healthy prostate.

Available afterward for questions at DOTERRA ESSENTIAL OILS booth 257.

[Back to top](#)

1:00 pm - 1:45 pm
REDUCING STRESS TO LIVE
A LIFE OF PEACE AND JOY
with Brahma Ishaya, Ishayas' Ascension Teacher



The Ishayas' ascension is a simple method of meditation for releasing stress, and enabling joy and peace of mind. The easy-to-use techniques, based on praise, gratitude, and love, systematically erase the stress of the past so we can experience peace and joy in the present. Come and learn two techniques that you can practise at home.

Available afterward for questions at LONDON CANADA BRIGHT PATH ISHAYAS booth 36.

[Back to top](#)

2:00 pm - 2:45 pm
LITIOS LIGHT CRYSTALS –
MASTER LIGHT TOOLS OF THE NEW AGE
with Peter Schnell, B.A.Sc. (Barrie, Ont.)



Litios Light Crystals are infused in a special, sacred way by Archangels, Ascended Masters, and Crystal Angels, allowing them to help raise our vibration and activate our higher, divine consciousness. Join Peter for an inspiring meditation to balance our auras and harmonize our homes.



Available afterward for questions at LITIOS LIGHT CRYSTALS booth 10.

[Back to top](#)

3:00 pm - 3:45 pm
EAT SAFE FOOD AND RESTORE YOUR HEALTH
with Evelyn Krpan, Herbalist

Understanding what your food really contains can change your life and your health forever. Learn how to test, restructure and make food safe.

Available afterward for questions at BIOTRONIX RESEARCH INSTRUMENTS booth 44.

[Back to top](#)

4:00 pm - 4:45 pm
21ST CENTURY HEALING FOR HAPPINESS AND HEALTH:
DIVINE HEALING HANDS
with Master Sher O'Rourke



Step into the universe of soul over matter, where real healing and transformation occur! Experience effective and deep healing for your physical, emotional, mental and spiritual bodies. Be empowered to uplift your and others' health and

lives. Create change with a powerful transmission that carries the highest frequency and vibration. Be the change with Divine love and light! Restore! Re-energize! Rejuvenate!

Available afterward and throughout the weekend for questions and demonstrations at MASTER SHA TAO HEALING CENTRE TORONTO booth 65.

[Back to top](#)

5:00 pm - 5:45 pm
REINCARNATION AND THE EVOLUTION OF CONSCIOUSNESS
with Michael Uyttebroek



Have you ever wondered about reincarnation? Join Michael as he shares 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 CANA.

[Back to top](#)

6:00 PM - 6:45 PM
BOOST YOUR IMMUNITY AND REPLENISH YOUR GUT MICROBIOME
with Dr. Enzo Diana, ND



Colds, influenza, ulcerative colitis / Crohn's, arthritis, and MS have all been linked to an undernourished and over-stressed immune system. Research now shows that these conditions can be well managed, and sometimes even reversed, by cultivating a healthy gut microbiome. Discover how to re-establish your healthy gut bacteria. Learn how to repair damaged immunity with diet, exercise, supplementation, and integrative medicine. The first 50 people will receive a free voucher for PB70 Probiotic, to be redeemed at the booth.

Available afterward and throughout the weekend for questions at

[Back to top](#)

Stage One (Exhibit Hall)

11:45 am - 12:30 pm
SAUNA THERAPY TO REDUCE YOUR TOXIC LOAD
AND PREVENT DISEASE
with Rodney Palmer



In this modern and complex world there is an ancient and surprisingly simple way to stay healthy. Rodney Palmer, founder of SaunaRay, will deliver the latest research on the science of detoxing through the skin to prevent disease and increase longevity. Learn the facts on how daily sweating can return your body to its natural healthy state, without medication.

Available afterward for questions at SAUNARAY booths 235, 236.

[Back to top](#)

12:45 pm - 1:30 pm
A HOLISTIC APPROACH TO
HEALTH AND HAPPINESS
with Michelle W. Book, Holistic Nutritionist



Health and happiness: To achieve one, you need the other, but bumps along the journey can get in the way. Join Michelle, working mom and in-house holistic nutritionist for the Canadian Health Food Association, as she shares how to create a holistic foundation and achieve a lifetime of health and happiness.

Available afterward for questions at CANADIAN HEALTH FOOD ASSOCIATION booth 233.

[Back to top](#)

1:45 pm - 2:30 pm
CONSUMER ALERT: CHEMICALS TO AVOID
IN PERSONAL CARE PRODUCTS
with Alain Ménard, Microbiologist



Many harmful ingredients such as artificial fragrances, formaldehyde preservatives, and the antibacterial triclosan are found in everyday personal care, household, and laundry products, bringing health risks and environmental hazards. Come and hear Alain reveal the latest scientific findings and best non-toxic alternatives.

Available afterward for questions at HEALTHY PLANET booths 201, 202.

[Back to top](#)

2:45 pm - 3:30 pm
SURVIVE AND THRIVE ON A VEGAN DIET
with Stephanie DiGrazia, RHN (Toronto, Ont.)



Come and discover how to thrive on a vegan diet. Stephanie, a Registered Holistic Nutritionist, graduate of Canadian School of Natural Nutrition, and weight-loss coach, will discuss how to prepare delicious vegan meals. She'll also detail how to transition to a vegan

meals. She'll also detail how to transition to a vegan diet that contains all the nutrients necessary to maintain strength and health.



Available afterward for questions at HEALTHY PLANET booths 178, 179.

[Back to top](#)

3:45 pm - 4:30 pm
IS YOUR OLIVE OIL FAKE?
with Panagiotis Tsiriotakis

Did you know that 70 to 90 per cent of olive oils are blended with other oils, such as corn or canola oil? Learn to distinguish real olive oil from all the fakes on the market. Discover the fascinating history of olive oil and its many health benefits.



Available afterward for questions at ACROPOLIS ORGANICS booths 149, 150

[Back to top](#)

4:45 pm - 5:30 pm
BEAUTY AND THE BEE
with Oliver Couto, Beekeeper

Look, feel, and bee beautiful with pure and natural beehive products. Find out how to use royal jelly, bee venom, honey, propolis, and bee pollen to increase health, reverse aging, and have beautiful skin, hair, and nails. Plus enjoy free bee product samples.



Available afterward for questions at THE BEE SHOP booth 215.

[Back to top](#)

5:45 pm - 6:45 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 68.

[Back to top](#)

7:00 pm - 7:30 pm
COLDS, COUGHS, AND SNIFFLES – HOW TO BUILD YOUR IMMUNE SYSTEM
with Brittany Lynn McCann

Our immune system is our number-one defense when it comes to fighting off those pesky unwanted colds, coughs, and sniffles. It's important we understand the vital components of what strengthens and weakens our immunity. Food, lifestyle, and habit can be setting us up for success or leaving us victim to catching every cold going around this season. Herbal remedies are by far the most reliable and activating supplements we can reach for when we are sick, or to make sure we don't get sick.



Available afterward for questions at SMITH'S PHARAMACY booth 146-148.

Stage Two (Exhibit Hall)

11:15 am - 11:45 am

BHAKTI YOGA

with Gavra Shakti Band

Join the Gavra Shakti Band as they chant the holy "Maha Mantra," a transcendental vibration for meditation.

Sponsored by GOVINDA'S / ISKCON booth 216.

[Back to top](#)

12:00 pm - 12:45 pm

BEE MEDICINE IN CANADA

with Adrien Thibault

Join Adrien Thibault from the Canadian Apitherapy Association as he discusses apitherapy – the preventive and therapeutic use of beehive products such as honey, pollen, propolis, and bee venom. This complementary therapy is already used in Japan, Germany, and Romania. Learn how other countries are incorporating apitherapy in the fields of infectious diseases, pneumology, dermatology, oncology, and more.



Available afterward for questions at HAPPY CULTURE booth 192.

[Back to top](#)

1:00 pm - 1:45 pm

HEALTHY DETOX, HAPPY WEIGHT LOSS

with Lynne Hinton, B.Sc., B.Ed., RNT/ROHP

A healthy detox and good nutrition can contribute to a person's overall wellbeing. Join Lynne as she explains how these elements can contribute to a healthy BMI, waist-to-hip ratio, and happy weight loss. Lynne will also introduce Biomed's Deepure tea and explain how it can aid you in reaching your weight-loss goals.



Available afterward for questions at SMITH'S PHARMACY booth 146 - 148.

[Back to top](#)

2:00 pm - 2:45 pm

HEALTH BENEFITS OF AGED GARLIC

with Martin Dindos, President of Allivictus Canada

Join Martin for this open discussion on the positive long-term health benefits of using aged garlic tinctures. He will feature the Allivictus brand of garlic tincture and explain how it can help improve your well-being.



Available afterward for questions at SMITH'S PHARMACY booths 146 - 148.

[Back to top](#)

3:00 pm - 3:45 pm

SUPERLEAF MORINGA: ANTI-
INFLAMMATORY, IMMUNE
BOOSTING, AND ENERGIZING

with Linda Bolton and Anna O'Byrne



Consumed for centuries as a

consumed for centuries as a superfood, used in Ayurvedic medicine, and supported by science, Moringa oleifera is one of the most complete, nutrient-dense plants on earth. Learn how it reduces inflammation, boosts immunity, lowers blood pressure, fights fatigue, protects skin, improves digestive health, and more. Gain tips on how to use this superfood every day and receive a complimentary copy of the book, *The More of Moringa – The World’s Most Nutritious Leaf*.

Available afterward for questions at NATURAL CALM booths 157, 158.

[Back to top](#)

4:00 pm - 4:45 pm
REVERSING NEARSIGHTEDNESS
with John Yee, BA, MA, RO



Ortho C can reverse nearsightedness quickly and safely, and without the risk and healing time of 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 122.

[Back to top](#)

5:00 pm - 5:45 pm
NOURISH YOUR SKIN FOR LIFELONG BEAUTY
with Lanre Tunji-Ajayi, B.Sc.



Healthy skin is vibrant, resilient and often hides chronological age. Skin health depends on many variables including, but not limited to, skin nutrition. Join Lanre as she reveals age-long secrets to youthful, vibrant skin.

Available afterward for questions at ALL NATURALS COSMETICS booth 125.

[Back to top](#)

6:00 pm - 7:00 pm
HEALING MUSIC CONCERT
with Michael Moon



Join Michael for an interactive concert and talk on the healing power of sound and music. Understand and experience why sound is so powerful for healing. Learn about the greatest sound healing tool and how to use it. Experience the magic of Ho’oponopono and the beautiful music of Michael Moon.

Available afterward and throughout the weekend at THE TEMPLE OF SOUND booth 2.

[Back to top](#)

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Sunday Speakers - October 23, 2016

Lecture Hall
205

Lecture Hall
206-D

Lecture Hall
206-B

Stage One
(Exhibit Hall)

Stage Two
(Exhibit Hall)

Lecture Hall 205

11:15 am - 12:00 pm

90+ HOW I GOT THERE

with Dr. Gifford-Jones, MD (Toronto, Ont.)



Dr. Gifford-Jones discusses his "dos and don'ts" of aging, 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 17 years ago. Dr. Gifford-Jones is a graduate of U of T and Harvard Medical School. His popular newspaper column, *The Doctor Game*, is widely published in Canada, the U.S., and Europe.

Available afterward for questions at NATURE'S SOURCE booths 108, 109.

[Back to top](#)

12:15 pm - 1:00 pm

DETOX YOUR WAY TO PERFECT HEALTH
WITH WILD FOREST HERBS

with Cass Ingram (Chicago, Ill.)



Wild herbs and plants including chaga, dandelion, burdock, nettle, and wild berries can be used to purify and detox your body. Use these plant allies to cleanse your cells in order to achieve optimal health and be well, free of all disease. Discover the power of wild, raw plants – the secret for maximum health.

Available afterward for questions at HEALTHY PLANET booths 180 - 183.

[Back to top](#)

1:15 pm - 2:00 pm

THE DANGERS OF LOW CHOLESTEROL

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

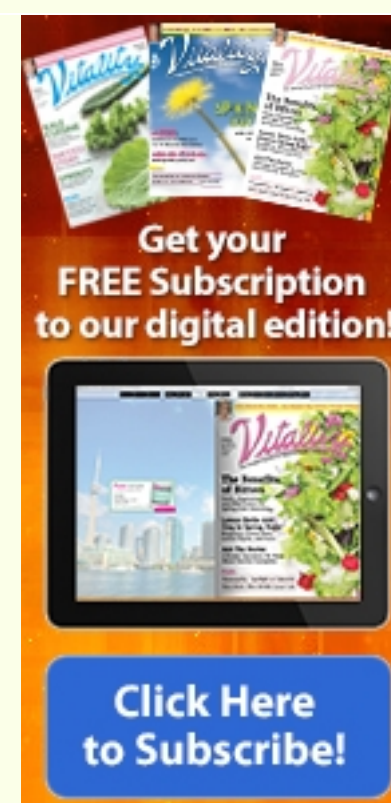


People with low cholesterol can experience various health issues from fatigue and aches to premature death. Avoid the dangers of lowering cholesterol in the wrong way. Learn how to wisely manage your cholesterol and protect yourself from a cardiovascular event. Attendees will receive a free copy of Dr. Klein's new resource *The Dangers of Low Cholesterol*.

Available afterward for questions and book signings at NANTON NUTRACEUTICALS booth 155.

[Back to top](#)

2:15 pm - 3:00 pm



THE PALEO DIABETES DIET SOLUTION
with Jill Hillhouse, BPHE, CNP, RNT



Join Functional Nutritionist Jill Hillhouse, author of *The Paleo Diabetes Diet Solution*, for a discussion about managing your blood sugar. Jill will explain why your blood sugar numbers may not be as healthy as you think they are, and why a modified Paleo approach to eating can help you achieve balanced blood sugar and better health.

Available afterward for questions at SMITH'S PHARMACY booths 146 - 148.

[Back to top](#)

3:15 pm - 4:00 pm
MEDICAL MARIJUANA ESSENTIALS
with Shega A'Mula



As we approach legalization, many Canadians have questions about using cannabis as a wellness tool, and how it will affect our health and communities. Shega will talk about the therapeutic effects and politics of cannabis, as well as how to talk to your doctor about accessing medical marijuana.

Available afterward for questions at TWEED booth 29.

[Back to top](#)

4:15 pm - 5:00 pm
MANDATORY VACCINE LAWS –
WHAT'S IN STORE FOR ONTARIO
with Jim Amar, VCC board member



Vaccine Choice Canada board member Jim Amar will discuss the latest on what's in store for Ontarians with proposed mandatory vaccine laws, for both children and adults. VCC's current battle centres around opposing proposed Bill 198 – an act to amend the Immunization of School Pupils Act. This Bill is an attempt to further erode our constitutional rights under the Charter of Rights and Freedoms by introducing legislation requiring parents to complete an immunization education session before filing a statement of conscience or religious belief.

Other topics of discussion will include Ontario's Immunization 2020 Program, The WHO's Healthy People 2020 plan, and the Center for Disease Control's recent submission of its disturbing NPRM (Notice of Proposed Rule Making) – 'Control of Communicable Diseases' and how it could impact you as a traveller to the U.S. if it is passed into law.

Available before and after the lecture for questions at VACCINE CHOICE CANADA booth 113.

[Back to top](#)

Lecture Hall 206-D

11:00 am - 11:45 am
ADVANCES IN DENTISTRY
with Dr. Dana Colson, DDS (Toronto, Ont.)



Technological advances in dentistry now allow us to monitor and keep teeth healthy for a lifetime with minimal discomfort. Dr. Colson will discuss modern use of lasers, digital imaging and scanning, new nanoparticle dental materials, healthy homecare products, ozone, detecting decay without X-rays, safe protocol for amalgam removal, and the amazing results that were never possible in the past.

Available afterward for questions at DR. DANA COLSON & ASSOCIATES booths 95, 96.

[Back to top](#)

12:00 pm - 12:45 pm

THE BENEFITS OF FERMENTED FOODS
FOR A HEALTHY GUT

with Dr. Katherine Kremlowski, ND (Toronto, Ont.)



Frequent consumption of traditionally fermented foods can contribute to many health benefits including: increased digestive health, enhanced absorption of nutrients, and strengthened immune support. Adding fermented foods to your diet is easier than ever with whole-food options, fermented supplements, grab-and-go snacks, superfoods, and protein powders now available – making it convenient to be well nourished even on the run.

Available afterward for questions at HEALTHY PLANET booths 184, 185.

[Back to top](#)

1:00 pm - 2:00 pm

PAIN, PAIN, GO AWAY

with Lisa Petty, MBA, Nutritionist, (Enerex Botanicals)



Join Lisa as she explores root causes and natural solutions to pain management including her five-point checklist before taking anything for pain relief. Discover other alternative ways to deal with all types of pain plus six tips that cost nothing.

Available afterward for questions at NATURE'S SOURCE booths 108, 109.

[Back to top](#)

2:15 pm - 3:00 pm

SUPERFOODS FOR SUPER BEAUTY

with Joy McCarthy (Toronto, Ont.)



Why spend hundreds of dollars on cosmetics and potions when you can find the same ingredients naturally? Holistic Nutritionist and bestselling author Joy McCarthy reviews the top superfoods for beautiful skin and hair. Enhance your natural beauty from within. Learn about the importance of digestion plus many delicious ways to nourish your beauty.

Available afterward for questions at HEALTHY PLANET booths 180 - 183.

[Back to top](#)

3:15 pm - 4:15 pm

THE LINK BETWEEN DIGESTION
AND DISEASE

with Ben Fuchs, R.Ph., Nutritionist, Cosmetic Chemist



If you are dealing with cancer, heart disease, autoimmune or other chronic degenerative diseases, you won't want to miss this information-packed lecture. Ben will detail the best foods for digestive health and the ones to avoid, foods and strategies to reverse degenerative disease, plus the most important cells, and the master cure.

Available afterward at for questions at YOUNGEVITY CANADA booths 110 - 112.

4:30 pm - 5:15 pm
TOXIC INGREDIENTS IN YOUR HAIR & SKIN CARE
PRODUCTS THAT CAN BE ABSORBED INTO YOUR BODY
with Debiiey Dunn



Ever wonder what all those ingredients in your "natural" hair products are? Wonder if they are really benefiting your hair and well being? Why not nourish and feed your hair like you would your body? At this workshop, we are going to demystify and expose the truth about not only what they mean, but also how and where they can affect the health of your body.

We will also familiarize you with some key holistic foods that are great for your hair, body, and overall well being. We encourage and challenge you to bring some of your own hair care and skin care products that are a part of your hair care regimen and see how they stand up to the truth you will learn. Free hair assessment using En'tyce Your Beauty – Naturally products, time permitting.

Available afterward for questions at EN'TYCE YOUR BEAUTY – NATURALLY booth 84.

Lecture Hall 206-B

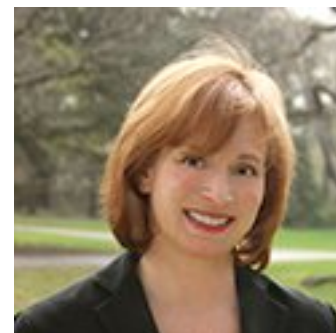
11:30 am - 12:15 pm
AYURVEDA AND WAYS TO
FIND YOUR BALANCE
with Debra Joy Eklove, Ayurvedic Practitioner



Ayurveda is a 5,000-year-old scientific system, which teaches that balancing the mind, body, and spirit is essential for holistic well-being. Debra will share the tools and wisdom of Ayurveda that will help you find balance in your daily life.

Available afterward for questions at TETLEY CANADA booth 186.

12:30 pm - 1:15 pm
LUMALIGHT: ACCESSING UNIVERSAL LIGHT
TO NOURISH YOUR SOUL
with Julianne Bien



Lumalight in action can increase your perceptions, broaden your perspectives, and enrich your practice. In a trained hand, Lumalight tools can restore your energy to a pattern of wholeness. Colour light therapy, along with sacred geometry, has been used to aid transformation through the ages. See Lumalight demonstrations and learn esoteric principles, colour theory, and how you can use light therapy in your life.

Available afterward and throughout the weekend for sessions at SPECTRAHUE LIGHT & SOUND booth 52.

2:30 pm - 3:15 pm
A BOOK FOR THE WORLD
with Deborah Landers



In the world today, in spite of all the available information through the physical, occult or religious sciences, many questions still remain unanswered. Deborah will present works from *In the Light of Truth: The Grail Message*, a book that provides an all-encompassing picture of creation. Readers will gradually recognize the connections of cause and effect in past, present, and future world events.



Available afterward for questions at GRAIL BOOKS CANADA booth 41.

[Back to top](#)

3:30 pm - 4:30 pm
EYE QI GONG® TO IMPROVE VISION
with Master Teresa Yeung

Master Teresa will demonstrate and speak about how Chi Gong can improve your vision. Teresa is the founder of the Seventh Happiness School of Chi Gong, and the sole successor of Grandmaster Wu's Qi Gong Lineage. Grandmaster Wu is a distinguished Chi Gong master, and the creator of Wu's Eye Qi Gong, which has been researched with thousands of clinical studies.



Available afterward for questions at THE SEVENTH HAPPINESS SCHOOL OF CHI GONG booth 49.

[Back to top](#)

5 pm - 5:30 - pm
HEALING WITH CRYSTALS AND GEMS
with Zulekha Noormohamed

Learn how crystals work on the seven chakras. The world of gems and minerals is a beautiful mystery. In this presentation, you will get a glimpse of some of this mystical beauty. Learn how you can harness the power of crystals and minerals in your daily life to keep your chakra flowing freely to achieve optimal balance.

Each of the chakras is associated with a particular area of the body and a colour of the spectrum. As you become familiar with stones, meditation, healing work, and the energies within and around you, you will begin to incorporate your awareness into different aspects of your life and consciousness.

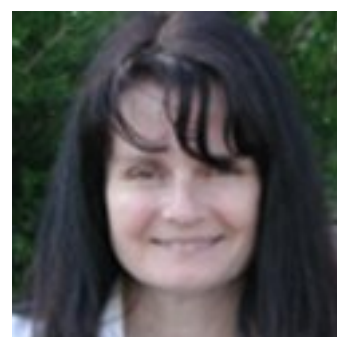
Available afterwards and throughout the weekend at HAMSA HEAVEN Booth 6.

[Back to top](#)

Stage One (Exhibit Hall)

10:15 am – 11:00 am
ESSENTIAL OILS: FROM AVICENNA TO GATTEFOSSE
with Marva Ward, CNP

Essential oils are more than just beautiful scents – they are the health extension of plants. Join Marva Ward, a Certified Nutritional Practitioner and Product Educator at NOW Canada Health Group, as she discusses modern-day health solutions from an age-old healing practice.



Available afterward for questions at HEALTHY PLANET booths 180-183.

[Back to top](#)

4:15 pm - 5:00 pm
BADASS WELLNESS JOURNEY TO COSTA RICA
with Bonnie Cywinski



The Badass Wellness Journey was created for women who carve their own path, and do what they want with confidence, strength, and uncompromising attitude. Join us on an eco-chic journey through Costa Rica with health food and lots of adventure.



Available afterward and throughout the weekend for questions at ONE TRIBE TRAVEL booth 255.

[Back to top](#)

11:15 am - 12:00 pm
CONSUMER ALERT: CHEMICALS TO
AVOID IN BABY BATH PRODUCTS

with Alain Ménard, Microbiologist

Many harmful ingredients, such as artificial fragrances, formaldehyde, and antibacterial triclosan are found in everyday products for babies and toddlers. These chemicals bring health risks and environmental hazards. Alain will review the latest findings and offer non-toxic alternatives.



Available afterward for questions at HEALTHY PLANET booths 201, 202.

[Back to top](#)

12:15 pm - 1:00 pm
DISEASE RECOVERY AND ANTI-AGING THROUGH
THE ACID/ALKALINE BALANCE
with Stephan Wilmes

Eating processed foods and being constantly stressed creates acidity, which can rob your body of mineral deposits and lead to deterioration. In this talk, Stephan the 'AlkalineDietGuy' explains how to rebalance alkaline levels in your body through regeneration, purification, and cleansing.



Available afterward for questions at YOU IN FOCUS PRODUCTS booth 77.

[Back to top](#)

1:15 pm - 2:00 pm
THE HEALING POWER OF STILLNESS
with Larissa Snorek-Yates

Have you hoped for a stillness that brings rest and healing to your everyday life? Then come to an interactive talk to discover a deep-settled calm that cannot be disrupted by fear or any outward disturbance. International speaker, Larissa Snorek-Yates, will explain how everyone can discover a stillness within themselves and share specific examples of how this lasting peace brings complete healing to individual lives. A question and answer period will follow the talk.



Available afterward for questions at CHRISTIAN SCIENCE booth 54.

[Back to top](#)

2:15 pm - 3:00 pm
THE VIOLET FLAME
with Michael van Holst, HB.Sc., B.Ed.

Consider adding the violet flame to your spiritual toolbox. Merging heart energy with high-frequency visualizations can produce profound

transformation. Enhance health, improve finances, heal relationships, break negative patterns, and restore family unity. Learn the mechanism by which mercy happens and experience the joy of applying the violet



happens and experience the joy of applying the violet flame to yourself and loved ones.

Available afterward for questions at THE SUMMIT LIGHTHOUSE OF TORONTO booth 39.



[Back to top](#)

3:15 pm - 4:00 pm
CLEAR INFLAMMATION TO REDUCE WEIGHT,
HEAL HEART DISEASE, AND MORE
with Dr. Kate Rhéaume-Bleue, ND



Whether it is painful or not, inflammation is the culprit lurking behind many common health conditions, such as heart disease, excess weight, dementia, arthritis, and even snoring. Dr. Kate explains how to quell inflammation naturally through diet, lifestyle and nutritional supplements.

Available afterward for questions at HEALTHY PLANET booth 202.

[Back to top](#)

Stage Two (Exhibit Hall)

11:30 am - 12:15 pm
BALANCE YOUR BLOOD SUGAR
with Henry Xiong, RAc., R.TCMP



Learn to balance your blood sugar and prevent diabetes with a nutritional approach. Henry will discuss medicinal herbs, including a specific astragalus formula, and will also explain how to modify your diet and nutrition, and how to tonify your kidney, liver, spleen, and pancreas.

Available afterward for questions at SAGEE CANADA booth 102.

[Back to top](#)

12:30 pm - 1:15 pm
MAGNETIC THERAPY AND ITS BENEFITS
with Ruth Murray

Magnetic therapy is a popular form of self-treatment for people looking for natural solutions to treat muscle and joint pain, headaches, insomnia, and more. Safe and natural with no known side effects, and according to Dr. Kenneth MacLean, "Magnetic therapy is good for any disorder and harmful to none."

Available afterward at SERENITY 2000 - IT'S MAGNETIC booth 254.



[Back to top](#)

1:30 pm - 2:15 pm
ADVANCED NUTRACEUTICAL TECHNOLOGY
with Susy Cacilhas-Creighton, Registered Restorative Dental Hygienist



Glutathione is the master antioxidant, anti-inflammatory, and detoxifier in our body. RiboCeine technology can raise our glutathione by up to 500 per cent, and can be verified in a blood test. Get a live blood cell analysis and see a difference in 10 minutes. Live life with reduced inflammation and stress on a daily basis. With more than 74 diseases associated with low glutathione, it's your best investment in cellular health.

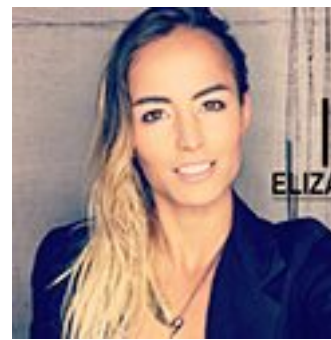
cellular health.

Available afterward at MAX INTL. THE GLUTATHIONE CO. booth 132.

[Back to top](#)

2:30 pm - 3:15 pm
REINVENT YOUR REALITY
with Elizabeth April, Intuitive, Channeler, Psychic

Join Elizabeth as she provides guidance on bringing awareness into your human experience, and helps you to understand your reality in ways previously inconceivable. Discover the four steps - Define; Awareness; Re-Define; and Harnessing Truth - that will change your reality, and ultimately your life.



Available afterward and throughout the weekend for questions at booth 12.

[Back to top](#)

3:30 pm - 4:15 pm
THE INSIDE SCOOP ON FOOD LABELS
AND INDUSTRY SECRETS
with Julia Kirouac, CNP and Michelle Kopman

Have you ever wondered if organic foods were worth the cost? Let a nutritionist give you an insider's view of the food scene. Learn how to read food labels, and understand what is really healthy. Discover what the different certifications are for consumer goods, such as organic labels, and what loopholes exist in the food business.

Available for questions throughout the weekend at NUD FUD / RAW FOODZ booth 190.

[Back to top](#)

4:30 pm - 5:15 pm
THE KNOWLEDGE BOOK
With Mike Rivet

The *Knowledge Book* is a gift from the skies to humanity. It is a disclosure of the universal establishment to our planet through a program of unification of the Earth with the Ordinances of Cosmoeses. Information about the Channel Alpha, Cosmic Age, Golden Age, Sacred Books Program, current state of our planet, evolutionary steps of humanity in future centuries, our extraterrestrial sisters and brothers, and more.



Available afterward for questions at THE KNOWLEDGE BOOK booth 7.

[Back to top](#)