

Whole Life Expo 2018

Canada's Largest Showcase of
Natural Health & Green Living™

Now in its 32nd Year!



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Home

2018 Exhibitors

> 2018 Speakers

2018 Showguide

Special Features

Show Hours

Buy Tickets

Directions to
Convention Centre

Public Transit

Accessibility

Contact Us

> Previous Years
Speakers/Exhibitors

Friday Speakers - November 9, 2018

Stage One (Exhibit Hall) Lecture Hall 202

Lecture Hall 203

Stage One (Exhibit Hall)

6 pm - 6:45 pm

THE CARE AND FEEDING OF HEALTHY,
GLOWING, YOUNGER-LOOKING SKIN
with Kathrin Brunner, CNP

There is an intimate connection between the skin and our overall health. Hormonal imbalances, inflammation, autoimmune conditions, and skin reactions (eczema, dermatitis) can all be triggered by what we put on our skin.



In this discussion, we'll explore what skincare ingredients to avoid, the importance of being 'dirty', and the role played by the skin's microbiome. Come and learn how to maximize the health of your skin through daily routines to help you look and feel great.

Available afterward for questions at THE INSTITUTE OF HOLISTIC NUTRITION booth 122.

[Back to top](#)

7 pm - 7:45 pm

WHAT CAN LIVE BLOOD
MICROSCOPY DO FOR YOU?

with Shannon Gregory, Live Blood Analyst

Join Shannon Gregory as she explains what live blood cell analysis is, who can benefit, and when and where live blood analysis is performed.

Hear why healthcare providers are now recognizing the value of this service as a compliment to their practice, and also why we are seeing so many patients carrying Lyme disease along with many co-factors found in the blood.



Ideally we want to catch a potential problem before it manifests in the body. Throughout this simple and painless test, patients will have the ability to utilize live blood analysis to prevent illness and disease.

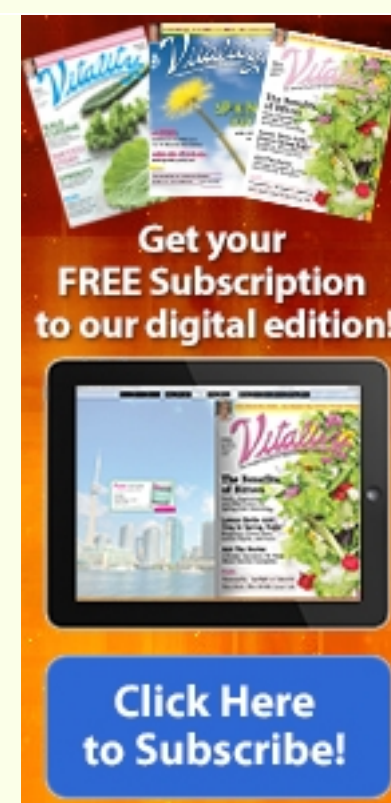
Available afterward for questions at MICROCELL SCIENCES INC. booth 92.

[Back to top](#)

Lecture Hall 202

6 pm - 6:45 pm

INTRODUCTION TO SCALARWAVE
LASERS AND STILLPOINT



with Sharon Walsh

Come experience a revolutionary nonlinear approach to quantum wellness based on proven science of the Quantumfield. This talk will introduce easy-to-use tools for clearing stress and tension, using this nonlinear energy of the universe for health and rejuvenation, and the remarkable Scalarwave Laser as a tool for pain relief, circulation, inflammation and arthritic pain relief, and relaxation of tissue.

Paul and Lillie Weisbart are the inventors of Scalarwave lasers and developers of the life-changing Stillpoint Process. Rooted in the yogic tradition of living in "the space between the breath," Stillpoint is the art of interacting with every moment—welcoming one's unique experience of life with presence, openness, and ease of being.

Paul and Lillie are the founders of [Quantumwave](#), a global company specializing in the Scalarwave Lasers, the Quantumfield Inducer (QiFi), and a unique line of superfood formulas - all designed to induce the longevity of consciousness.

Available afterward for questions at QUANTUMWAVE booth 45.

[Back to top](#)

7 pm - 7:45 pm
HEALING CANNABIS EDIBLES:
HOW TO MAKE YOUR OWN
with Pat Crocker and Ellen Novack



Cooking with cannabis is going to be the preferred way to tap into the healing benefits of this ancient herb for the 84% of Canadians who do not smoke. But it isn't as easy as baking up a batch of freaky brownies.

Ellen Novack and Pat Crocker will steer you through the haze of strains, ratios, hype and actual healing and guide you to discovering your own body's pathway to health. Ellen and Pat are co-authors of the new book [Healing Cannabis Edibles](#).

Available afterward and throughout the weekend at booth 133 for questions and book signings.

[Back to top](#)

Lecture Hall 203

6 pm - 6:30 pm
INTERVIEW WITH YANNICK
AND SHANTELE BISSON –
HOW TO STAY HEALTHY IN
THE MIDST OF A HECTIC SCHEDULE



Drop by to see Shantelle and Yannick Bisson being interviewed by Julie Daniluk, with a focus on how they preserve their mental and physical health all day long.

The fact that they manage to stay so fit and healthy in spite of their demanding schedules as Canada's favourite power couple is amazing. Find out what their favourite superfoods are, best go-to meals, and their top five ways to eat clean while managing family and careers.

[Back to top](#)

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Search this website



Home

2018 Exhibitors

> 2018 Speakers

2018 Showguide

Special Features

Show Hours

Buy Tickets

Directions to
Convention Centre

Public Transit

Accessibility

Contact Us

> Previous Years
Speakers/Exhibitors

Saturday Speakers - November 10, 2018

Stage Two
(Exhibit Hall)

Stage One
(Exhibit Hall)

Lecture Hall
201-F

Lecture Hall
201-D

Lecture Hall
202

Lecture Hall
203

Stage Two (Exhibit Hall)

11:45 am - 12:30 pm

MAGNESIUM MYTHS AND MIRACLES:
EPSOM SALT, A MAGNESIUM MIRACLE
with Ross Edwards

It's well accepted that magnesium is important for good health and that it can be difficult to get enough from diet alone. While there are many forms of the mineral magnesium, we will look at magnesium in Epsom salt, which is a combination of magnesium and sulfate.



Epsom salt has many health benefits including pain relief, detoxification, skin health and building adequate magnesium levels in the body. You may be surprised to learn that commonly available Epsom salt is a manufactured product. Learn about the different forms of magnesium and the topical application of magnesium using our unique, geologically formed Natural Epsom Salt. Ross Edwards, the founder and formulator of Epsomgel, and hear the story of how a personal injury started the process of formulating a topical Epsom salt-based product that relieves pain, relaxes muscles and reduces inflammation.

Available afterward for questions at SMITH'S PHARMACY booths 136 -138.

[Back to top](#)

12:45 pm - 1:30 pm

EXPLORING PAST LIVES:
HAVE YOU BEEN HERE BEFORE?

with Brandon Dean, Certified Consulting Hypnotist,
Professional Coach

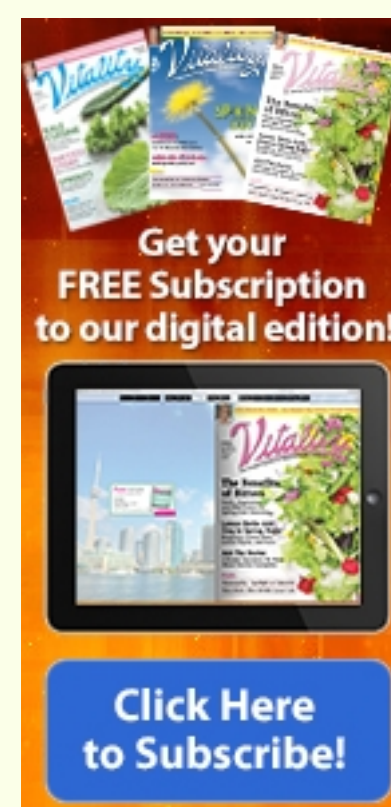


Have we been here before? Will we return again? Are past life recollections real, or metaphors of our mind? This entertaining and light-hearted exploration of Past Life Journeys is for everyone: 'believers' and 'non-believers', the 'religious' and 'nonreligious'.

Hear Brandon Dean discuss his own experience – and skepticism – that led to his decision to incorporate Past Life regression and journey work into his own practice. Dean is also a Certified Hypnosis Instructor and Certified Professional Coach, specializing in Subconscious Success.

Available afterward and throughout the weekend for questions at RED CHAIR HYPNOSIS booth 44.

[Back to top](#)



1:45 pm - 2:30 pm
HOW TO OVERCOME PAIN WITH HYPNOSIS
with Luke Michael Howard, Clinical Hypnotist

In this interactive session, you will learn the difference between new pain (acute) and old pain (chronic), and discover how we can delete old pain from the nervous system. Remarkably, this can be done rapidly and permanently.



A live demonstration will give an audience member the opportunity to experience what it's like to be pain-free!

Available afterward and throughout the weekend at LUKENOSIS booth 66 for questions and demonstrations.

[Back to top](#)

2:45 pm - 3:30 pm
OUR GUT IS A GARDEN,
AND IT'S NOT ROUNDUP® READY
with Dr. Jacs Cooper, ND

First introduced in the 1970s, Roundup® has become the most heavily used herbicide worldwide in spite of mounting evidence of associated health risks. Even when avoiding GMOs, many consumers are still receiving high rates of exposure because Roundup® is being sprayed on crops right before they are harvested.



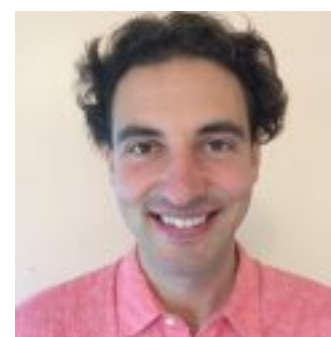
Many talks on environmental pollutants can leave you feeling overwhelmed and hopeless. This, on the other hand, is an upbeat, optimistic take on the topic that will empower you with easy to apply knowledge on how to best protect yourself and your family. Come and learn how high-quality probiotics can help protect the human microbiome from toxic assaults.

Available afterward for questions at SMITH'S PHARMACY booths 136 - 138.

[Back to top](#)

3:45 pm - 4:30 pm
APITHERAPY IN CANADA –
A GIFT FROM THE BEES
with Yann Loranger

Discover apitherapy, the therapeutic use of beehive products such as honey, pollen, propolis, bee bread, royal jelly, beehive air, and more. In this talk, apitherapy expert Yann Loranger details the five most efficient therapeutic uses of bee products, with testing and sampling of the latest and greatest discoveries.



Learn more about responsible and ethical beekeeping, bees' role in the environment, and the Canadian Apitherapy Association at this engaging lecture.

Available afterward for questions at THE BEE SHOP booth 199.

[Back to top](#)

4:45 pm - 5:45 pm
FOLLOW YOUR BLISS:
FROM ZERO TO HERO
with Justin Booth, Visionary Networker

This lecture is about how wheatgrass saved the life of Justin Booth. Diagnosed with stage 2 kidney failure, jaundice, anxiety, and depression, he ultimately discovered that a vegan diet and wheatgrass juice could rebuild his health.



Come and hear about the steps he took to recover from disease, even curing his own psoriasis and the boils growing in his lymph nodes.

Available afterward and throughout the weekend
at ISELLGRASS.COM booth 158.

[Back to top](#)

6 pm - 7 pm
HEALING MUSIC CONCERT
with Michael Moon

All are welcome to come and enjoy an interactive concert and sound healing journey featuring new music from Michael's latest CD *Ecstatic!*

Michael is available afterward and throughout the weekend at THE TEMPLE OF SOUND booth 220.



[Back to top](#)

Stage One (Exhibit Hall)

12 pm - 12:45 pm
A ROYAL FLUSH AND OTHER GOLDEN NUGGETS
with Dr. Marisol Teijeiro, ND

A 'Royal Flush' is the experience of the perfect poo, ideally a daily occurrence. All it takes is understanding the 11 golden nuggets that describe what your poo can tell you about vitamin, mineral, and supplement deficiencies. It can also indicate hormonal, immune, and nervous system problems.



Learn from the Queen of Thrones and take the first steps to owning your throne and living your best life.

Available afterward for questions at SMITH'S PHARMACY booth 136.

[Back to top](#)

1 pm - 1:45 pm
METABOLIC MECHANISM:
THYROID REBOOT AND KETO DIET
with John Koveos BSc., HD

Learn how the metabolism works and how sea vegetables influence a positive impact for thyroid health, weight loss, and key health functions. Discover how a Keto diet and exogenous keto supplements influence healthy fat loss.



Finally, discover which vegan or whey proteins are best for overall immune and metabolic support.

Available afterward for questions at Schinoussa Superfoods in the HEALTHY PLANET pavilion.

[Back to top](#)

2 pm - 2:45 pm
BEYOND BEAUTY: WHY COLLAGEN
IS ESSENTIAL TO YOUR HEALTH
with Ashleigh Norris, CNP, NNCP

Discover why collagen has become such a hot topic beyond the world of beauty and how influential it is to your overall health. Ashleigh will talk about the digestive benefits of collagen, the role it plays in optimal moods and anxiety levels, as well as the increase in energy and concentration it can provide.



Learn about the role of each type of collagen, and how it plays a role in disease prevention, digestive health, skin and joint health, immunity, muscle recovery, stress relief, healthy moods and sleep patterns.

Ashleigh is an Honours Graduate of The Institute of Holistic Nutrition in Toronto and owner of The Soulful Sprout Holistic Nutrition. In her multifaceted clinic, she facilitates clients and community to connect with the healing powers of food and plant based medicines.

Available afterward for questions in the Organika booth in the HEALTHY PLANET pavilion.

[Back to top](#)

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

Did you know that 70% to 90% of olive oils on the shelf are adulterated? They are blended with other oils, such as corn or canola oil, chlorophyll, and beta-carotene.

Panagiotis Tsiriotakis, owner of Acropolis Organics, will teach you how to distinguish real olive oil from all the fakes on the market. He will also walk you through the fascinating history of olive oil and its numerous health benefits.



Available afterward for questions at ACROPOLIS ORGANICS booths 141 - 142.

[Back to top](#)

4 pm - 4:45 pm
GANODERMA: THE RESEARCH BEHIND
THE "MUSHROOM OF IMMORTALITY"
with Tom Swales, Physiotherapist

Ganoderma mushroom, aka reishi mushroom, has been used in Chinese medicine for more than 2,000 years to treat disease and restore health in millions of people.

In this talk, we will review the research on how Ganoderma affects the brain, body, organs, and immune system, and learn about the positive effects on inflammation, ageing, and disease. The presentation will conclude with easy take-home strategies and product information that everyone can easily implement into their daily life.



Available afterward for questions at SOULFORTUNE INC. / ORGANO GOLD booth 193.

[Back to top](#)

5 pm - 5:45 pm
EATING CHOCOLATE ON A KETO DIET
with Stan Mozoluk (Paris, France)

When Stan first decided to start eating a Low Carb, High Fat diet, he thought he was done with chocolate. But now he makes chocolate (and eats a lot of it).

Come and find out how you can safely include it in a healthy diet without exploding the carbs counter. Join him for a special chocolate lovers session (samples provided).



Available afterward and throughout the weekend for questions at CHOCOLATE HACKERS / KETOER booth 207.

[Back to top](#)

6 pm - 7 pm
SHAMANIC ENERGY MEDICINE
EXERCISES FOR THE DAY TO DAY

Energy Psychology is emerging as one of the most powerful forms of alternative healing. Learn simple Energy Medicine exercises to enhance your life. Master the art of divining and dowsing your own energy field. Develop grounding and protecting



exercises. Learn how not to leak energy by creating better energetic boundaries.

Whether you are a novice or practitioner, come experience the transformative power of Energy Medicine with The Whispering Song School of Energy Medicine Practitioners and Faculty.

Available afterward and throughout the weekend for questions at THE WHISPERING SONG SCHOOL OF ENERGY MEDICINE booths 54 - 55.

[Back to top](#)

Lecture Hall 201-F

12 pm - 12:45 pm
UNICORN IN THE CITY
with Leanne Babcock



Do you sometimes feel you can't be your real self, or feel more sensitive than you let on? You're not your thoughts or your feelings, your name or your job. You are a unicorn – so to speak – uniquely, vibrantly you. For the most part you are successful but you have a sense there is more to who you are, more to who you could be.

Come and step into more resilience and whole-beingness, and experience a deeper sense of who you are, which can open a new path for you – in your business, your life, your self.

After 28 years of living in New Zealand, following an intuitive call, Leanne has moved back to her roots in Canada and is on an 18-month road trip touring with her book *Open Me - the true story of a magical journey from fear to freedom*.

Trained in hypnotherapy, NLP, neuroscience, intuitive studies and shamanism, Leanne teaches and coaches on listening to your inner guidance and facing the challenges of following one's heart.

Available afterward and throughout the weekend for questions at booth 57.

[Back to top](#)

1 pm - 1:45 pm
CHINESE MEDICINAL TEA:
STEEP YOUR HEALTH
with Pierre Chen, R.TCMP., RAc., MSc.



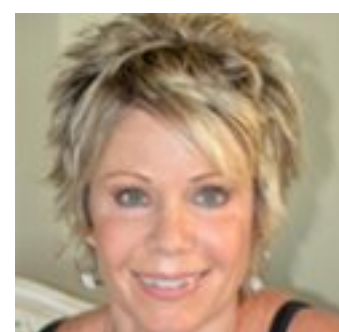
Chinese culture has a long history of food and medicines; it's believed that each tea has different healing properties. In this lecture, we will discuss and sample different teas and their healing properties using Traditional Chinese Medicine theory.

North American society is starting to embrace the medicinal benefits of tea for the whole family. In this discussion, we will explore these healing teas and their application in everyday life in Canada.

Available afterward and throughout the weekend at REN DE INC. booth 91.

[Back to top](#)

2 pm - 2:45 pm
THE ART OF SPIRITUAL HEALING
with Jane Durst Pulkys, BSc., NNCD



Have you ever had a spiritual healing? Spirit may give us miraculous healings at times; it also may not because life is here to give us experiences. Every illness ought to teach us something we didn't know before. Discover what holds you back from true healing. Learn how your dreams can give you answers. Find answers in the

secret name of God.

Available afterward at ECKANKAR booth 34 for questions.

[Back to top](#)

3 pm - 3:45 pm

ARCHANGEL MICHAEL IGNITES
HIS LIGHT SWORD IN YOUR
CHAKRAS AND YOUR AURA
with Peter Schnell, BASc.



Archangel Michael is a mighty Angel of Fire, conqueror of evil and overcomer of the darkness. He leads the heavenly hosts with his Light Sword and is the highest warrior for the light. His energy has a liberating, radiant and elevating effect on humanity and aligns everything unconditionally with the divine order.

We will do a meditation where Archangel Michael touches your aura and chakras with his Light Sword to clear and activate them, and free them of any dark energies. You will hold a Litios Light Crystal during the meditation to intensify and anchor your experience. You will feel clearer, lighter, uplifted and inspired.

Available afterward for questions at LITIOS LIGHT CRYSTALS booth 26.

[Back to top](#)

4 pm - 4:45 pm

UNDERSTAND THE POWER
TO DIRECT YOUR LIFE
with Dr. Henry Ukpeh, MD, FRCP(C)



In this information session, attendees will identify and access the "Ultimate Resource", understand the "why" of their circumstances, and recognize the power that drives everything. Come and learn how to direct your life more effectively, and live by choice – not by chance.

Available afterward for questions at GRAIL BOOKS CANADA booth 35.

[Back to top](#)

5 pm - 5:45 pm

ASCENDED MASTERS' TEACHING:
HOW TO AVOID CATAclysms
*with Natasha Zwanck and Valentina Zhovtobriukh,
Translators*



Is there a connection between our thoughts and feelings, and events like earthquakes, volcanoes, and social unrest? How can we help the planet avoid cataclysms and wars?

Come to our lecture and find out what the Ascended Masters recommend, presented by volunteers of the Messenger Tatyana Mickushina, author of 60+ spiritual books read across 50 countries worldwide.

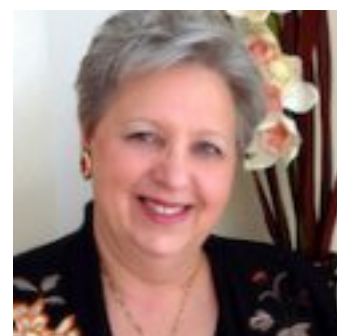
*Available afterward for questions at SIRIUS:
ASCENDED MASTERS' MESSAGES booth 30.*



[Back to top](#)

6 pm - 6:45 pm

QUANTUM DOWSING:
ENCODING THE MYSTERY OF DOWSING
with Rev. Alicja Aratyn, MEng., DM



Dowsing has existed and supported humanity for millennia. Prophets, sages, wizards, and witches in the past, and nowadays scientists and business people are

using dowsing to resolve and improve their affairs.

Let's take a trip to explore why it's crucial for people to dowse in these modern times. In this very visual presentation, we will examine the phenomena of dowsing from many points of view to rediscover the exciting uses of the oldest divination modality on Earth.

Available afterward and throughout the weekend for questions at ALICJA CENTRE OF WELL-BEING booth 39.

[Back to top](#)

Lecture Hall 201-D

12 pm - 12:45 pm
HEALTHY FATS FOR FUEL:
IMPROVE YOUR ENERGY METABOLISM
with Dr. Stephanie Rubino, ND



Lack of energy is the most common complaint people make to their doctors; exhaustion, mental haze, and just being tired is reported by 97% of people. Daily life stressors, lack of sleep, and nutrient deficiencies are reasons we may feel drained.

Often the foods we rely on for energy can leave us feeling even more fatigued, irritable, and hungry – all while packing on unhealthy fat in the midsection and disrupting our metabolism. Our body's mitochondria (aka energy factories) is at work in nearly every cell, and is needed to feel energized.

In this lecture, Dr. Stephanie Rubino will share how to create long-lasting energy by improving mitochondria function using healthy fats for fuel. Dr. Rubino is a licensed Doctor of Naturopathic Medicine who operates a general naturopathic practice with a focus on women's health, perinatal care, pediatrics, stress, and digestive health.

Dr. Rubino has a special interest in educating the public and other health professionals about a range of health topics and natural health product issues including diet, supplementation, and integration of pharmacological and natural therapies. She also works with a variety of media to educate the public about the safe and effective uses of complementary medicine.

Available afterward at Assured Natural booth in the HEALTHY PLANET pavilion.

[Back to top](#)

1 pm - 1:45 pm
UNDERSTANDING REINCARNATION
with Michael Uyttebroek



Wondering about reincarnation? What happens to your personality when you die? What is the bigger picture regarding consciousness evolution? Gain new insights into this fascinating subject, based on the writings of 'Billy' Meier.

This presentation covers: What is the creation / universal consciousness, the spirit-form within the human being, fluidal energies in connection with burial versus cremation, and common misunderstandings regarding reincarnation.

Available afterward and throughout the weekend at FIGU-LANDESGRUPPE CANADA booth 33.

[Back to top](#)

2 pm - 3 pm
ARCHETYPAL SHAMANIC ENERGY MEDICINE
AND THE SCIENCE OF EPIGENETICS™
with Gaisheda Kheawok



In Archetypal Shamanic Energy Medicine™, familial and collective karmic overlays are evolved through the Four Lower Bodies. Linking the wisdom of Collective Karmic Overlays, ASEM™, and the science of Epigenetics, we will examine the ability to heal intergenerational trauma and karma via the science of Energy Medicine.

Gaisheda Kheawok is an Tribal Peace Elder, Seer, Medicine Person, International Speaker, and Executive Director/Founder of the Whispering Song School of Energy Medicine. She is a Member and Faculty of the Association for Comprehensive Energy Psychology, The Canadian Association for Integrative Therapies, and The Seneca Indian Historical Society. Her work as a clinical therapist bridges traditional and contemporary counselling practices.

Available afterward for questions at THE WHISPERING SONG SCHOOL OF ENERGY MEDICINE booths 54 - 55.

[Back to top](#)

3:15 pm - 4 pm
YOUR MIRACULOUS CELLS:
HOW TO KEEP THEM HEALTHY AND STRONG
with Pharmacist Ben Fuchs, RPh.



You are composed of 100 trillion cells that work every moment of every day on your behalf. Do you know what they need from you to ensure optimal health?

In this fun and informative talk, internationally celebrated pharmacist Ben Fuchs will share information that is crucial to understanding your body, and knowing how to invest in your health and wellbeing. You will learn what nutrients are essential to your cells' growth and functioning, and how you can ensure you are getting them on a daily basis.

Available afterward for questions at YOUNGEVITY CANADA booths 130 - 131.

[Back to top](#)

4:15 pm - 5 pm
MALTA: REMEMBER, REIGNITE, RECONNECT
with Sandra Moon Dancer, BSc., MHSc.



Malta, Land of the Forgotten Temples and megalithic structures, 6,000 years old, older than Stonehenge! Energy teachings, meditation, song, Mother Earth spirituality, and spectacular photos allow you to experience these healing Mediterranean islands, known as the land of the Ancient Goddess.

Sandra Moon Dancer leads Sacred Site travel, including groups to Iceland. With 30 years' experience in healing communities and indigenous circles, Sandra Moon Dancer is an internationally renowned shamanic energy medicine teacher and executive director of Centre of Circle Wisdom. She shares stories of adventure, enlightenment, and beauty.

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

[Back to top](#)

5:15 pm - 6 pm
BRAIN HEALTH AND THE FIVE
ELEMENTS OF CHINESE MEDICINE
with Huibing Henry Xiong, R.TCMP



This lecture will explain how it is possible to overcome the challenges of treating brain-related diseases. An expert in Chinese herbal medicine, Huibing Henry Xiong will explain how traditional Chinese herbs combined with state-of-the-art technology works to improve cognitive function and memory while alleviating stress, headaches, insomnia, ADHD, and more.

Available afterward for questions and throughout the weekend at SAGEE CANADA WELLNESS booth 98.

[Back to top](#)

6:15 pm - 7 pm
GET UNSTUCK:YOUR SUBCONSCIOUS
CORE BELIEFS ARE KEY TO
SETTING YOURSELF FREE
with Lisa Sidorowicz, MA, BEd., CBE Master Practitioner



Are you stuck? Held back? Do you continue to repeat the same unproductive reactions and patterns despite making every effort not to? If this sounds like you, the information in this presentation could transform your life.

Come learn why your powerful subconscious core beliefs have been faithfully holding you back and how you can break free.

Available afterwards and throughout the weekend for questions at booth 68.

[Back to top](#)

Lecture Hall 202

12 pm - 1 pm
EAT WELL, LIVE WELL, FEEL JOYOUS
with Joy McCarthy, CNP



There is something that lives in and on us that affects everything from how well we digest food to the state of our mood and more. It's called the microbiome, and it's magical! In fact, you are only 43% human and the rest of you is microbial.

In this presentation, Joy will share how you can impact the magic of your microbiome. For example, your home environment and whether you open up your windows to get fresh air, how regularly you get outside in nature, what products you use when you take a shower, what you ate for breakfast, and what ingredients you put into your smoothie all impact this magic. There are small steps you can take daily to improve the health of your microbes, which positively influence your health in a variety of ways.

Available afterward for questions at the Genuine Health booth in the HEALTHY PLANET pavilion.

[Back to top](#)

1:15 pm - 2:15 pm
LOVE IS ALKALINE
*with Barbara Jentschura, BSc., MSc.
(Muenster, Germany)*



Our health affects our emotions and capacity to interact with others in meaningful ways. When we improve and guard our health and overcome physical problems, it can help us to be sources of progress, hope, and help for our families and communities.

Learn about the true meaning of the [alkaline lifestyle](#) with a focus on easy and accessible self-help and individual health empowerment as we fortify our good intentions with acts of love and giving. This lecture shows how healthy choices can, in a very practical way, be an expression of respect and love for ourselves and others.

Available afterward for questions at YOUINFOCUSPRODUCTS booth 105.

[Back to top](#)

2:30 pm - 3:15 pm
LOWER YOUR BIOLOGICAL AGE:
GET YOUNGER THIS YEAR
with Dr. Kate Rhéaume, ND



Many of the conditions that we think of as “just a part of aging” are actually the result of long-term nutritional deficiencies or toxin build-up. Decline in brain health, bone health, heart health, and joint health aren’t inevitable. In most cases these common health concerns can be greatly improved or prevented. In this seminar you will learn about the impact of nutrition and lifestyle on many age-related conditions.

Join author and naturopathic doctor Kate Rhéaume as she reveals how you can lower your biological age and get younger this year. Dr. Kate Rhéaume-Bleue is a graduate and former faculty member of the Canadian College of Naturopathic Medicine. Dr. Kate lectures internationally on many topics related to health and wellness, and is a frequent guest on radio and television across North America. She is the author of the best-selling book [Vitamin K2 and the Calcium Paradox: How a Little Known Vitamin Could Save Your Life](#).

Available afterward for questions at Natural Factors booth in the HEALTHY PLANET pavilion.

[Back to top](#)

3:30 pm – 4:30 pm
BREAK THROUGH PAIN
AND CREATE LONGEVITY
WITH EASY NUTRITION HACKS
with Julie Daniluk, RHN



Join award-winning author, nutritionist and TV host Julie Daniluk in an interactive workshop to boost your happiness. Research is confirming the direct link between the state of your digestion and the state of your mind. Chronic inflammation and poor digestion can lead to stress, anxiety and mood imbalance on top of lowered immunity and weight issues.

Find out how to take charge of your “food attitude” with anti-inflammatory superfoods and supplements that are showing the potential for truelongevity. Follow Julie on Instagram and Twitter [@JulieDaniluk](#), and learn more at www.juliedaniluk.com

Available afterward for questions at Nature's Way in the HEALTHY PLANET pavilion.

[Back to top](#)

4:45 pm - 5:45 pm
ISHA KRIYA - EFFORTLESS MEDITATION
with Bavani Sivananda

In this one-hour session, you will learn Isha Kriya, a simple 12 to 18 minute practice to help you become meditative effortlessly.

Attain health, clarity, and joy: Isha Kriya does not require any previous experience with meditation and can be done while sitting in a chair. Designed by Sadhguru, a realized yogi, and a foremost authority in the field of yoga, sessions will be conducted by a trained instructor, after which online support will also be available. Appropriate for ages 12 and up.

Available afterward for questions at ISHA FOUNDATION booth 65.

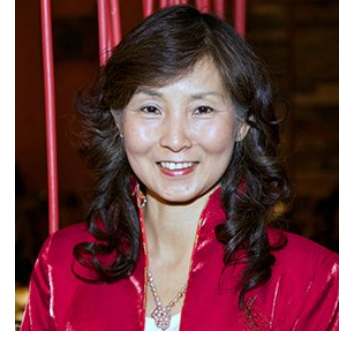
[Back to top](#)

6 pm - 6:45 pm

UNLOCKING YOUR HAPPINESS WITHIN

with Teresa Yeung, International Master of Qi Gong

Master Teresa will talk about her second book, [Unlocking Your Happiness Within](#), which is the first book in the world that solely addresses how Qi Gong can release difficult emotions.



Open yourself to Master Teresa's generous Chi healing. It will inspire you to heal yourself (thus healing others), raise consciousness, and have a beautiful spiritual experience! Teresa is an author, speaker, and healer in addition to being a master of Qi Gong.

Available afterward and throughout the weekend for questions at PURELAND INTERNATIONAL QI GONG booth 28.

[Back to top](#)

Lecture Hall 203

11:45 am - 12:45 pm

**POWER OF LIVE FOOD TO HEAL
DISEASE AND CONQUER AGING**

with Dr. Robert Willix Jr., MD (Boca Raton, Florida)

In this lecture, Dr. Willix will address the half-century of work on disease and longevity conducted at the renowned Hippocrates Health Institute. Cardiovascular disease, diabetes, MS, ALS, Parkinson's, fibromyalgia, and more can be altered, prevented, and at times conquered with phytochemicals, antioxidants, and other nutrients consumed on a diet of organic, vegan, living food.



Dr. Willix will explain the extraordinary mechanisms that bring about heightened immunity, and why thousands worldwide share enthusiasm in their greatly improved health by utilizing unprocessed green foods. Dr. Willix is a cardiac surgeon who pioneered the first open heart surgery program in South Dakota. He served as a team leader for the U.S. Olympic Committee, and is a 75-year-old triathlete who has completed 14 marathons, more than 100 triathlons and is training for his second "Ironman" competition in Hawaii. He is the author of five books and hundreds of articles. With a passion for integrative healing, Dr. Willix has travelled the world studying acupuncture, ayurvedic and shamanic medicine.

Available afterward for questions at HIPPOCRATES HEALTH INSTITUTE booth 125.

[Back to top](#)

1 pm - 2 pm

**NOURISH YOUR NERVES WITH
THE TOP FIVE SUPPLEMENTS FOR ANXIETY**
with Amanda Burke, CNP, BA (Hons.)

In this lecture, Holistic Nutritionist Amanda Burke will offer tools, supplements, and strategies for addressing anxiety. She will also share the latest findings on anxiety, what it is, and why it seems to be on the rise.



As our lives are speeding up and becoming increasingly complex, it's important to have the right approach to caring for our mental and emotional health. What appears to be strictly psychological often has an underlying biochemical deficiency, imbalance, or toxicity as a root cause or contributing factor. When you have the right nutrients coupled with the right body-mind understanding, you can take charge and feel more in control, relaxed, and be free of the side-effects of common anxiety

medications.

Available afterward for questions at NATURE'S SOURCE booths 100 - 101.

[Back to top](#)

2:15 pm to 3 pm
IS YOUR PERIOD A BLESSING OR A CURSE?
with Amanda Laird, RHN

The menstrual cycle not only prepares the body for pregnancy, the hormones involved also play a vital role in breast, bone, brain, and heart health. These hormones can impact your mood, appetite, sleep, and other body functions.



In this talk, Amanda will help you understand how your menstrual hormones influence your health and wellness every day of the month, and introduce strategies and nutrients that will help support a pain-free period, optimal well-being, and healthy fertility.

Amanda is host of the *Heavy Flow Podcast* – a weekly podcast dedicated to periods, reproductive health, and other taboo health and wellness topics. Amanda is the author of the forthcoming book [Heavy Flow: Breaking the Curse of Menstruation](#), published by Dundurn Press in February 2019. Visit: www.amandalaird.ca

Available afterward for questions at CANADIAN SCHOOL OF NATURAL NUTRITION booth 61.

[Back to top](#)

3:15 pm - 4 pm
KEYS TO WEIGHT LOSS AND DETOXIFICATION
with Cass Ingram (Chicago, Illinois)

Your body shape reveals your hormonal weaknesses. It's the key to knowing what you should eat, what you shouldn't eat, and what supplements to take. Your face, hands, and body shape tell all about your body functions, all based on the hormone-endocrine system.



Come and find out how GMOs in food and beverages disrupt your hormone-endocrine system, how they may be contributing to your weight issues, and what to do about it.

Available afterward for questions and book signing at the HEALTHY PLANET pavilion.

[Back to top](#)

4:15 pm - 5 pm
ENTREPRENEUR ENLIGHTENMENT –
HOW TO EXPAND YOUR
PURPOSE-DRIVEN BUSINESS
with Irina Benedict, BSc., PEng., Business Coach

Can you be on a spiritual path and run a moneymaking business? Yes! When you align your business with your purpose, it's easy to pursue both. Irina Benedict's Entrepreneur Enlightenment philosophy combines practical business strategies with spiritual principles and personal transformation, teaching you how to transcend your ego and fears, and do business with love.



Learn how to expand your business by bringing love into your marketing and sales, and attract more clients. Lecture based on the book: [Entrepreneur Enlightenment – A Guide to Establish and Expand Your Purpose Driven Business](#), Balboa Press, 2018.

Available afterward and throughout the weekend for questions at ENTREPRENEUR ENLIGHTENMENT ACADEMY booth 29.

[Back to top](#)

5:15 pm - 6 pm
CHAKRA HEALTH WITH LYMPH DRAINAGE
with Dr. Ravi Ratan, MSc., MBA, DSc. (Mumbai, India)



Chakras are the energy centres of our body and they reflect the health of associated organs and glands. These chakras, organs, and glands are easily affected by our mental / emotional state – emotional stress mainly affects our sacral and heart chakras, which also affects the lymphatic flow in these areas.

Stress in the sacral chakra area can affect sexuality and reproduction, leading to menstrual imbalances and issues with ovaries, uterus, and more. Congestion in the heart chakra can lead to breast cancer, and pain in the back, neck, and shoulder. All of these conditions can be relieved by manual lymphatic drainage. Come and find out more.

Available afterward and throughout the weekend at FM'S AROMATHERAPY (aka AROMATANTRA) booth 82.

[Back to top](#)

6:15 pm - 7 pm
THERAPEUTIC BENEFITS OF ESSENTIAL OILS
with Baljinder Chhoker, BSc., ND



Essential oils can provide great therapeutic value. They can be inhaled or placed directly on the skin, depending on the conditions and the oil. They can also be taken in combination with supplements.

Come and find out about organic chemotyped essential oils that provide a biochemical healing effect. Learn how essential oils can be used to alleviate stress, anxiety, insomnia, as well as cold, and sinus symptoms.

Available afterward for questions at SMITH'S PHARMACY booths 136 - 138.

[Back to top](#)

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Speakers/Exhibitors

Sunday Speakers - November 11, 2018

Stage Two
(Exhibit Hall)

Stage One
(Exhibit Hall)

Lecture Hall
201-D

Lecture Hall
202

Lecture Hall
203

Stage Two (Exhibit Hall)

11:15 am - 12:15 pm

WHAT YOU SHOULD KNOW

ABOUT THE COMING 5G -

AND WHAT TO DO ABOUT IT

with Dr. Andrew Michrowski, PhD (Ottawa, Ont.)

The combination of all existing and emerging wireless communication technologies is imminent. It could increase microwave emission levels in many instances to 'heating levels'. This is being done by industry to make driverless cars and new applications possible. What can ordinary citizens do to protect themselves? Come and find out.



Available afterward and throughout the weekend at PLANETARY ASSN. FOR CLEAN ENERGY booth 19.

[Back to top](#)

12:30 pm - 1:15 pm

THE 21ST CENTURY HUMAN:

NEW STRATEGIES FOR LONGEVITY

with Rodney Palmer

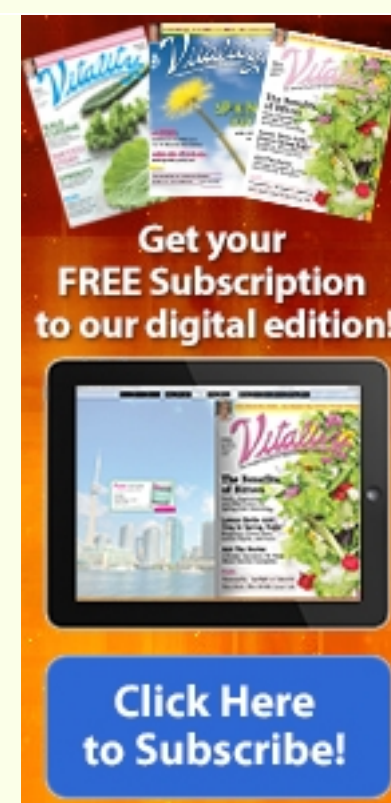
Since the unprecedented air pollution caused during the Industrial Revolution, humans have also endured a Plastic Revolution, a Chemical Revolution, and a Pharmaceutical Revolution. In a few generations, we have evolved into a toxic-laden, disease-prone species in decline.



Rodney Palmer, founder of SaunaRay medical grade infrared saunas, will deliver the latest research on the science of sweating 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 and throughout the weekend at SAUNARAY booths 214 - 215.

[Back to top](#)



1:30 pm - 2:15 pm
MAGNETIC THERAPY AND ITS BENEFITS
with Gabor Zoltan

Magnetic therapy is a popular form of self-treatment for people looking for natural solutions. Products with static magnets are most commonly used for muscle and joint pain, headaches, insomnia, and more. It's safe and natural – an alternative application with no known side effects. According to Dr. Kenneth MacLean, "Magnetic therapy is good for any disorder and harmful to none."



Staff are available throughout the weekend for questions and demonstrations at SERENITY 2000 booth 90.

[Back to top](#)

2:30 pm - 3:15 pm
BEYOND SKIN DEEP:
ACHIEVE HEALTHY GLOWING
SKIN FROM THE INSIDE OUT
with Dr. Katherine Kremblewski, BA, ND



Skincare is so much more than what we put on our skin. So when we look to optimize our skin's health, we have to take a holistic approach, from the inside out. Addressing the digestive, immune, and endocrine systems are the first steps in ensuring that we are creating a sustainable treatment plan for past, current, and future skin challenges. Join us to learn the hows and whys of all things youthful and healthy skin!

Available afterward at Genuine Health booth in the HEALTHY PLANET pavilion.

[Back to top](#)

3:30 pm - 4:15 pm
BALANCE YOUR BLOOD SUGAR NATURALLY
with Huibing Henry Xiong, R.TCMP, RAc.

This lecture will discuss the root cause of diabetes, and how to reverse the condition using natural food remedies and dietary strategies. It also covers the lifestyle changes we need to make in order to heal this condition naturally.



Available afterward at SAGEE CANADA WELLNESS booth 98.

[Back to top](#)

4:30 pm - 5:15 pm
THE KNOWLEDGE BOOK
with Robin Preboy

The Knowledge Book is a gift from the Cosmos to humanity during this intense transition of our planet together with all living beings on it. It's a disclosure of the Universal establishment to our planet through a program of unification of Earth with the Ordinances of Cosmos.



Information will be given about the Alpha Channel , the Cosmic Ages, the Golden Age, the Sacred Books program, the current status of our planet, the evolutionary steps of humanity in the future centuries, our extraterrestrial sisters, brothers, and other information.

Available afterward for questions at THE KNOWLEDGE BOOK booth 12.

[Back to top](#)

11:15 am - 12:00 pm
HEALING THE GUT TO
RESTORE THYROID HEALTH
with Dr. Effy Germanis, ND, RAc.



We have seen a connection between the gut and brain, but many do not recognize the connection between gut health and the thyroid gland. With the rise in hypothyroidism and especially Hashimoto's Thyroiditis, a dysbiotic gut can lead to the emergence of thyroid disease.

Understanding the symptoms and knowing what tests to get done is important to healing both the gut and the thyroid.

Available afterward for questions at SMITH'S PHARMACY booths 136 - 138.

[Back to top](#)

12:15 pm - 1 pm
EAT AND LIVE ALKALINE TO HEAL
with Stephan Wilmes, MSc. (Edmonton, Alta.)



Eating processed foods and being constantly stressed creates acidity and robs your body of mineral deposits. The process of deterioration then starts. Stephan Wilmes, The Alkaline Diet Guy, will tell you how to rebalance the alkaline levels in your body through regeneration, purification, and cleansing.

Stephan is a former professional athlete, an alkaline coach, and founder of the Ayurveda Wellness Center in Munich, Germany. He is an internationally renowned speaker on re-alkalizing the body and his company is the North American distributor of Dr. Jentschura's alkalizing program from Germany. Participants enjoy Stephan's holistic, enthusiastic, and inspirational approach to health and wellness.

Available throughout the weekend at YOUINFOCUS PRODUCTS booth 105.

[Back to top](#)

1:15 pm - 2 pm
BEAUTY BEGINS IN THE GUT:
HEAL INFLAMMATION AND BOOST IMMUNITY
with Ashleigh Norris, CNP, NNCP



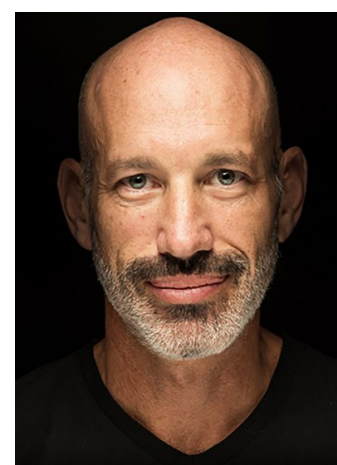
Discover the importance of optimal gut health, and its role and effect on your skin health, immunity, well-being, and youthfulness. Skin conditions are on the rise because of foods, hormones, inflammation, and stress.

Ashleigh will discuss the beauty benefits of bone broth and enhanced collagen. She will also explore the natural solutions for optimal digestive health, immunity, skin health, and anti-aging.

Available afterward for questions at the Organika booth inside the HEALTHY PLANET pavilion.

[Back to top](#)

2:15 pm - 3 pm
BIOHACKING YOUR BRAIN TO
IMPROVE MOOD, ENERGY, AND SLEEP
with Dr. Scott Levine, DC



Learn optimal brain performance hacks that are simple everyday ways to improve mood, energy, and sleep. Biohacking is creating a systematic approach to improving health. This session will focus on simple tricks you can do to have a big impact on how you feel.

We will hack your food, thoughts, movement, and sleep. This will help you to understand the benefits of biohacking. Audience

members will be gifted with video exercises and demos of the latest technology including mindfit, NuCalm, and VieLight. Dr. Scott Levine is a Certified Brain Health Coach who has created a clinic and personal practice that focuses on brain and body health.

Available afterward and throughout the weekend at VITA HEALTH CLINIC booth 134.

[Back to top](#)

3:15 pm - 4 pm
THE TRIANGLE OF DISEASE:
THE CAUSE OF CHRONIC ILLNESS
with Ben Fuchs, BPharm.



There are three common pitfalls that the majority of the population will succumb to at some point doing the course of their lives. These are avoidable if you have the right information and know what to do with it.

Internationally celebrated pharmacist, Ben Fuchs, will enlighten you with key information, practical strategies, and nutritional advice you can easily implement to prevent chronic degenerative disease and reverse current health issues.

Available afterward for questions at YOUNGEVITY CANADA booths 130 - 131.

[Back to top](#)

4:15 pm - 5 pm
DISCOVER THE SECRETS OF YOUR KARMA
with Erik Valdman



Good healthy, rewarding relationships, and even business and financial success are all mere indicators of the state of our karma.

As Erik shares his understanding of ancient energy practices, you will learn how to awaken your inherent abilities and reposition yourself for health, happiness, and prosperity.

Available afterward and throughout the weekend at ART OF BIM booth 27.

[Back to top](#)

Lecture Hall 201-D

10:45 am - 11:30 am
INCREDIBLE CANNABIS EDIBLES:
LECTURE AND DEMO
with Pat Crocker, Culinary Herbalist



Join Pat Crocker as she demystifies the key elements you need to know about infusing oils and other cooking ingredients with the medicinal benefits of this sacred 'mother herb'. In this informative presentation, you will learn about decarboxylation, dosing using edibles, and infusing cooking ingredients. Pat will demonstrate how to make the recipe 'Joint Relief Bites' from her new book *Healing Cannabis Edibles*.

Teacher, writer, photographer, and author of 22 cookbooks, Pat Crocker is wild about food, herbs, and health. Some of her books include *The Herbalist's Kitchen* (new this year), *The Healing Herbs Cookbook*, *The Juicing Bible*, and *Preserving*.

Watch for Pat's new, revolutionary book *Healing Cannabis Edibles* coming out in mid-October. Meet Pat at the Whole Life Expo and visit www.patcrocker.com to find out more about Cannabis and Pat Crocker's books and appearances.

Available afterward and throughout the weekend at booth 133 for

[Back to top](#)

11:45 am - 12:30 pm
COLLAGEN – THE SECRET TO
BEAUTIFUL SKIN, STRONG BONES, AND MORE
with Richard Passwater Jr.



Collagen is the key structural protein for creating beautiful skin, thick hair, and strong nails. During youth, we have a rich abundance of collagen but as we age, the body's collagen production diminishes by one per cent each year.

It's now possible to ramp up the body's collagen production with a patented formula that 'turns on' its collagen-generating cells. Come and find out more about a formula that's clinically proven to make genuine collagen creation a reality.

Available afterward for questions at the [BioSil](#) booth in the HEALTHY PLANET pavilion.

[Back to top](#)

12:45 pm - 1:30 pm
KNOCK OUT THE FEAR
TO GET KNOCKED UP
*with Cassandra Bach, BSc., Fertility
Management Expert*



At this presentation, participants will experience a shift in their mindset that will better support them in having the baby they want. They will learn about the power of their thoughts and beliefs when it comes to their fertility.

There is evidence to show that any successful outcome has a component of a winning mindset. For example, in the case of Olympians, there is a connection between mindset and personal mastery as researched at Johns Hopkins University.

Available afterward and throughout the weekend at ALTERNATIVE FERTILITY THERAPIES LTD. booth 70.

[Back to top](#)

1:45 – 2:45 pm
DISCOVER AND EXPERIENCE
TESLA METAMORPHOSIS
with Anya Petrovic (Sydney, Australia)



In this talk, Anya Petrovic will introduce you to amazing new healing frequencies and teach you how to harness the power that legendary inventor Nikola Tesla worked with.

Tesla Waves, unique for this modality, elevate the frequency of human consciousness and enable students to create communication with clients on the level of the conscious, subconscious, and integrative mind, though they were not aware of such abilities before. Healings happen usually after only three sessions.

In the quest to explore miracle healings, Anya's book [Tesla Metamorphosis – Heal and Evolve](#) reveals new knowledge. The answers were found in pioneering scientific research, and also in ancient wisdom. Anya is the founder of Tesla Metamorphosis®, and an internationally recognized teacher, healer, and author.

Experience this powerful healing, [register for seminars](#), and buy the book at TESLA METAMORPHOSIS booth 31.

[Back to top](#)

3 pm - 3:45 pm
THE LINK BETWEEN STRESS,
THYROID PROBLEMS, AND HEART DISEASE
with Dr. Elie Klein, ND



Thyroid hormone regulates the ability of cells and body systems to produce energy to perform their functions. Chronic stress suppresses thyroid function, affecting your physical and mental well-being. High cholesterol and blood pressure (along with other chronic conditions) are highly influenced by both chronic stress and poor thyroid function.

In this lecture, among other things, you will learn how to easily assess your own thyroid function, and get surprising details about which foods are most detrimental to your health. Most importantly, and you will learn which vitamins and minerals can help to protect you.

Available afterward for questions at SMITH'S PHARMACY booths 136 - 138.

[Back to top](#)

4 pm - 4:45 pm
THE HEALING BENEFITS OF CAMEL WOOL
with Arif Gillany



For many years, Arif Gilany's mother suffered from excruciating and debilitating joint pains, which restricted her mobility. In his quest to find relief for his mother's pain, Arif stumbled upon the healing properties of camel wool.

For centuries camel wool has been used in the Middle East, Asia, and Africa for protection, support, and therapeutic purposes. Six years ago, The Camel Co. of Canada pioneered the search for the best quality camel wool and found it in Mongolia. They are now excited to bring you the natural, breathable, thermoregulating, eco-friendly line of camel health products.

Available afterward and throughout the weekend at THE CAMEL COMPANY OF CANADA booths 23 - 24.

[Back to top](#)

Lecture Hall 202

11:45 am - 12:45 pm
CONSCIOUS BREATHING AND
MINDFULNESS MEDITATION
with Sarah Kraftchuk, RHN



We can't always change the external environment but we can change our relationship to it. This workshop explores the impact of stress on the body and mind, and techniques to mediate your relationship with stress, including conscious breathing. We'll explore the science behind mindfulness meditation and ways to establish a meaningful practice.

Sarah Kraftchuk is a Registered Holistic Nutritionist, meditation teacher, educator and author. Her holistic nutrition practice explores conscious consumption to nurture body, mind, and planet. Sarah's growing series of children's books creates space for self-exploration, inclusivity and open-dialogue; sharing practices of mindfulness, compassion and kindness simply and with joy.

Available afterward for questions at CANADIAN SCHOOL OF NATURAL NUTRITION booth 61.

1 pm - 1:45 pm
 REVERSE COLD/FLU, ASTHMA,
 INFLAMMATION, AND MORE
with Cass Ingram (Chicago, Illinois)



In this presentation, Cass Ingram gives you all the solutions you need for reversing respiratory complaints from A to Z. The solutions are all natural and herbal. Come and hear about time-tested folklore remedies, as well as modern research.

Available afterward for questions and book signings at the HEALTHY PLANET pavilion.

[Back to top](#)

2 pm - 3 pm
 THE CONNECTION BETWEEN
 CANCER AND DIABETES: HOW TO
 PROTECT YOURSELF FROM BOTH
with Dr. Zoltan Rona, MD, MSc.



Type 2 diabetes is associated with increased risks for several cancers including colon, breast, pancreatic, liver, uterine, and bladder cancers, as well as non-Hodgkins lymphoma.

Conventional medicine is attempting to prevent cancers in diabetics using certain drugs. This presentation discusses the diabetes-cancer link, the mechanisms involved, and how to prevent both diabetes and cancer using a natural approach. An optimal diet and ideal nutritional supplements will be discussed.

Dr. Zoltan P. Rona, MD, practises Complementary Medicine in Thornhill and is the medical editor of [The Encyclopedia of Natural Healing](#). He has also published several Canadian bestselling books, including [Vitamin D](#), [The Sunshine Vitamin](#). To see more of Dr. Rona's articles, please visit: www.highlevelwellness.ca

Available afterwards at NATURE'S SOURCE booths 100 - 101.

[Back to top](#)

3:15 pm - 4:15 pm
 CENSORSHIP, SCIENCE, BELIEF:
 THE TRUTH WOULD SET YOU FREE
with Shawn Buckley, LLB



Health Canada is planning on changing the current Natural Health Product Regulations so that natural products are regulated as chemical drugs. These changes will increasingly threaten everyone's access to natural remedies of their choice and funnel the public into a more dangerous model, one of pharmaceuticals.

In this lecture you will discover how government censorship and slanted science are used to limit your access to treatments and important research about them. Censorship of truthful information about natural products will be increased. Science will be used as a weapon to suppress truth. Regulations will restrict the progress of natural health products industry.

Mr. Buckley is renowned for his ability to make complex regulatory environments understandable and morally compelling. Attend this lecture and any belief you have that our drug policy is "for your health and safety" will be seriously challenged. It will unpack why, to remove the state's absolute power over your health decisions, we cannot fight actions but that we must fight a belief.

Warning: Any person that finds the truth particularly painful should consult with their medical practitioner before attending. For more information, visit: www.nhppa.org

Available afterward and throughout the weekend at NATURAL HEALTH PRODUCTS PROTECTION ASSOCIATION booth 232.

[Back to top](#)

4:30 pm - 4:15 pm
**UNDERSTANDING JOINT DISEASE AND
NATURAL PRODUCT SOLUTIONS FOR MOBILITY**
with Hillar Sorra, BPhe and BEd



Hillar is a Physical and Health Educator, and former multi-sport athlete. Years of pounding on his joints, playing Volleyball and Basketball, and doing Martial Arts and Track and Field took a toll on his knees, shoulders, and neck. When he was not able to take conventional non-steroidal anti-inflammatory drugs anymore, due to GI issues, he began to look for alternative remedies for joint health.

As a result, Hillar became the Canadian Representative for the Australian-based research company Interpath Pty. Ltd. He now focuses on educating people about joint health, and how to slow down the deterioration of cartilage and treat joint issues naturally. Hillar is convinced that his joints are healthier and his fitness level is better now, at the age of 50 than it was when he was 35, due to taking the natural, whole food approach to treating joint issues.

Available afterward for questions in the HEALTHY PLANET pavilion.

[Back to top](#)

Lecture Hall 203

11 am - 11:45 am
**QUANTUM BIOLOGY FOR DISEASE
RECOVERY AND HEALTHY LONGEVITY**
with Dr. Robert Willix Jr., MD (Boca Raton, Florida)



Dr. Willix will explain how the future of biology is based upon electrical frequency more than the matter-based principles currently employed. Hippocrates Health Institute has scientifically validated that it's the body's electrical system that is foundational in the function of all systems. Thousands have been educated on how to fight the premature aging process, conquer disease, and prevent disorder.

Dr. Willix will explain how the Institute has employed non-invasive, cold laser, and electromagnetic therapies along with electrically charged living food to raise the body out of disease and into longevity. Dr. Willix is a cardiac surgeon who pioneered the first open heart surgery program in South Dakota. He is a 75-year-old triathlete who has completed 14 marathons, more than 100 triathlons, and is training for his second "Ironman" competition in Hawaii. He is the author of five books and hundreds of articles. With a passion for integrative healing, Dr. Willix has travelled the world studying acupuncture, ayurvedic, and shamanic medicine.

Available afterward for questions at HIPPOCRATES HEALTH INSTITUTE booth 125.

[Back to top](#)

12 pm - 1 pm
SEVEN ESSENTIAL STRATEGIES
FOR REVERSING TYPE 2 DIABETES
with Jill Hillhouse, BPHE, CNP, RNT



Pre-diabetes and Type 2 Diabetes don't have to be chronic and progressive. They both can be reversed. Join Functional Nutritionist Jill Hillhouse to learn action steps you can take in seven key areas to stop and/or reverse unbalanced blood sugar.

Available afterwards and throughout the weekend at SMITH'S PHARMACY booths 136 – 138.

[Back to top](#)

1:15 pm – 2 pm
EASE ANXIETY NATURALLY
with Dr. Kate Rhéaume, ND



Health, work, friends, politics, school, the economy... if you are a worrier by nature, it's easy to find yourself in a state of heightened anxiety much of the time. According to Statistics Canada, an estimated three million Canadian adults reported having a mood or anxiety disorder. Minimizing anxious feelings requires a multifaceted approach. There are effective natural ways to calm your mind and reduce nervousness.

Naturopathic doctor Kate Rhéaume will reveal nutrients and lifestyle habits proven to ease anxiety. She is a graduate and former faculty member of the Canadian College of Naturopathic Medicine. Dr. Kate lectures internationally on many topics related to health and wellness, and is a frequent guest on radio and television across North America. She is the author of the best-selling book [Vitamin K2 and the Calcium Paradox: How a Little Known Vitamin Could Save Your Life](#).

Available afterward at the Natural Factors booth inside the HEALTHY PLANET pavilion.

[Back to top](#)

2:15 pm - 3:15 pm
FROM BREAST CANCER TO FIBROIDS:
A NATUROPATH'S TOP 10 TIPS FOR WOMEN'S HEALTH
with Sat Dharam Kaur, ND (Owen Sound, Ont.)



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

Sat Dharam is a Kundalini Yoga lead trainer, author, and naturopathic doctor practicing in Owen Sound, Ont. She began studying Kundalini Yoga with Yogi Bajan in 1976, and facilitates teacher training programs in Toronto and internationally.

She developed the Beyond Addiction: The Yogic Path to Recovery program, and has been working closely with Dr. Gabor Maté in delivering this program as well as a psychotherapeutic modality created by Dr. Maté called Compassionate Inquiry.

She also developed the Healthy Breast Program, designed to help educate women in breast cancer prevention through Kundalini Yoga and lifestyle change. She was awarded the Naturopathic Doctor of the Year award in Ontario in 2000. A featured teacher at the Toronto Yoga Show for many years, she has written several best-selling books including [A Call to Women: The Healthy Breast Program and Workbook](#), [The Complete Natural Medicine Guide to Breast Cancer](#), and [The Complete Natural Medicine Guide](#)

to Women's Health.

Available afterward and throughout the weekend for questions at TRILLIUM HEALING ARTS booth 231.

[Back to top](#)

3:30 pm - 4:15 pm
HEALTH COACHING FOR A LIMITLESS LIFE
with Brian Gangel

Healthcare today is about building patient/client confidence by making the right choices. In this training module, you will learn how to motivate yourself into taking actions that can free you from pain, fatigue, indigestion, headaches, and more.



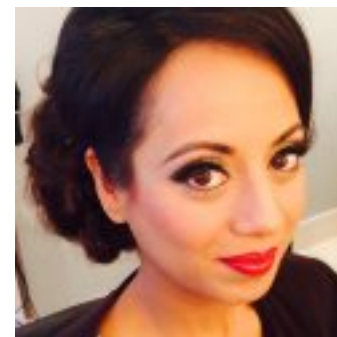
Learn what the “Super Successful” are doing to have limitless energy, mental alertness, incredible memory, and vibrant lives. Do not miss this behind-the-scenes look at the future of outrageous health.

Available afterward and throughout the weekend at PREMIER RESEARCH LABS booth 64.

[Back to top](#)

4:30 pm to 5:15 pm
CANCER SUPPORT, NATURALLY
with Dr. Amita Sachdev, ND

A new cancer diagnosis can leave patients and their families with many questions about which therapies they should choose and which therapies are most effective to treat their cancer.



Dr. Amita Sachdev, BScN (RN), ND has experience working with oncologists and experts in the field, and can help you navigate your cancer diagnosis. She will discuss safe and effective natural treatments to manage the side effects of conventional chemotherapy and radiation. And also provide information on support pre- and post- surgery.

Available afterward for questions at SMITH'S PHARMACY booths 136 - 137.

[Back to top](#)