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## Friday Speakers - November 8, 2019

Lecture Hall 206-D

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

### Lecture Hall 206-D

5:30 pm - 6:30 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 for questions at  
PLANETARY ASSOCIATION FOR CLEAN ENERGY booth 9 (where donations  
will also be accepted for PACE).

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6:45 pm - 7:30 pm

BEST ESSENTIAL OILS  
FOR COLD AND 'FLU SEASON  
with Baljinder Chhoker, B.Sc., ND



Essential oils can provide a 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 join us and learn how Pranarom makes organic, chemotyped essential oils which provide a therapeutic biochemical effect within the body. You will learn how essential oils can be used to alleviate cold and sinus symptoms, and how they help relieve stress, anxiety, insomnia.

Available afterward for questions at SMITH'S PHARMACY booth 147 - 149.

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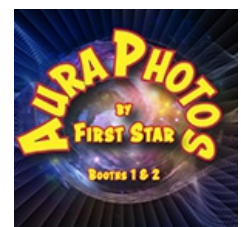
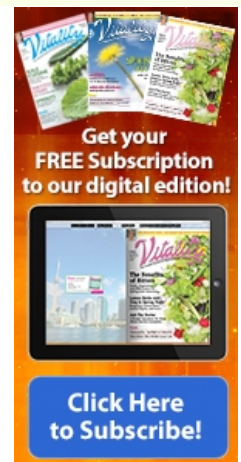
### Stage One (Exhibit Hall)

6 pm - 6:45 pm

LECTIN-FREE, GLUTEN-FREE, AND ALKALINE –  
A HAPPY GUT EQUALS A LONG LIFE  
with Stephan Wilmes, MA. (Edmonton, Alta.)



A healthy digestive system is the core of our health. Lots of diseases are related to leaky gut syndrome with imbalanced gut flora. What can we do to promote gut health? This lecture will provide you with an overview of toxic / acidic lifestyles and positive healing actions you can take.



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

*Available afterward and throughout the weekend for questions at at YOUINFOCUS PRODUCTS booth 108.*

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7 pm - 7:45 pm  
LIVE BLOOD CELL MICROSCOPY  
CAN TELL A STORY ABOUT YOUR HEALTH  
with Shannon Gregory, Live Blood Analyst



Your blood tells a story about your health. Through a simple test, specialists in live blood cell microscopy are able to assess the health of your digestive system and help you identify ways to get you back on track. In this talk, Shannon Gregory will take you through this amazing microscopic field, and explain how Live Blood Cell Analysts are trained to identify a number of factors that could indicate why your digestive system isn't performing well.

The possible causes include parasites, bacteria, yeast overgrowth, stress, leaky gut syndrome, poor food combining, lack of friendly bacteria, or food allergies. Come and learn more about what live blood cell microscopy can show you about your state of health.

*Available afterward at MICROCELL SCIENCES booth 78 for questions and demonstrations.*

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### Stage Two (Exhibit Hall)

6:15 pm - 7 pm  
LISTEN TO YOUR HEART  
TO REACH THE WISDOM OF GODS  
with Anya Petrovic (Sydney, Australia)



We were taught to rely only on our logical mind. Yet now it is scientifically confirmed that our heart has more direct access to information from Active Ether (The Field, Akasha), than our brain. Geniuses receive information through heart consciousness.

Nikola Tesla said: "My brain is only a receiver. In the Universe, there is a core from which we obtain knowledge, strength and inspiration!" Anya Petrovic is the founder of Tesla Metamorphosis, internationally recognized teacher, speaker and author. Come and find out how you can gain better access to your heart consciousness.

*Available afterward and throughout the weekend at TESLA METAMORPHOSIS booth 90.*

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> SPEAKERS &  
EXHIBITORS**Saturday Speakers - November 9, 2019**

Lecture Hall 205	Lecture Hall 206-D	Stage One (Exhibit Hall)	Stage Two (Exhibit Hall)	Lecture Hall 204
Lecture Hall 206-B				

**Lecture Hall 205**

12 pm - 1 pm

**FOODS THAT KILL, FOODS THAT HEAL**  
*with Brian R. Clement, PhD, LN (West Palm Beach, FL.)*

Come and hear Brian Clement expose the foremost disease-causing foods, lifestyle choices, and habits that inevitably lead to early demise. Learn how to prevent disease and live a happy, successful, and fulfilling life. Hippocrates Health Institute, co-directed by Clement and his wife, is now in its 70th year of helping people reconnect with their hearts while preventing and reversing premature aging and disease.



This presentation will highlight profound findings that have come from the front lines in the field of natural health care. Clement will speak from his 50 years of work with hundreds of thousands of people from around the globe in their quest to find health, happiness, and healing.

*Available afterward at HIPPOCRATES HEALTH INST. booth 135 for questions.*

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1:15 pm - 2 pm

**FEED YOUR BEAUTY: NUTRIENTS THAT  
TURN ON ANTI-AGING POWER**  
*with Amanda Burke CNP, BA (Hons.)*

In this lecture, Holistic Nutritionist Amanda Burke will dive into the power of nutritional supplements to turn back the biological clock and turn on your anti-aging power. Specifically, she will go into depth on how collagen creates a beauty-from-within phenomenon and how to get the most out of your collagen supplementation.



For vegans looking to boost collagen she has some great recommendations that are vegan-friendly and just as powerful as supplementing with collagen directly. She will also discuss the causes of accelerated aging and what you can do about them, plus how you can not only look younger but feel younger forever! If you are concerned with the effects of accelerated aging on your hair, skin, nails, and beyond then this is the lecture for you!

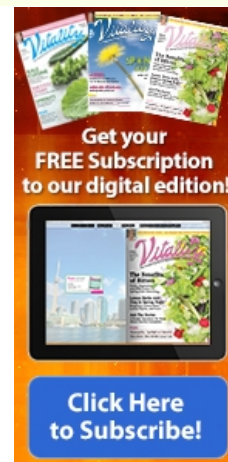
*Available afterward for questions at NATURE'S SOURCE booth 103 - 118.*

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2:15 pm - 3 pm

**CHRONOLOGICALLY GIFTED:  
AGING WITH GUSTO**  
*with Dr. Erica Miller, PhD. (Los Angeles, California)*

This presentation is based on Dr. Miller's third book and international best-





seller, *Chronologically Gifted – Aging with Gusto: A Practical Guide for Healthy Living to Age 123*. In her 85 years, Dr. Miller has experienced her share of blessings while also witnessing much suffering, making her a natural spokesperson for longevity and vitality.



She advocates for an existence where age and its limitations (whether prescribed or self-imposed) don't dictate where one stands in life. Instead, Dr. Miller demonstrates how to find meaning in life at any age. Audience Takeaways: The importance of mindset. (You are what you think you are.) What living with gusto means. Finding meaning and passion as you evolve throughout life. Experiencing the value of community. Gaining insights and lessons from the Blue Zone communities. Ways to overcome actual or self-imposed limits.

*Available afterward and throughout the weekend for questions and booksignings at booth 40.*

For more information on Dr. Erica Miller's international best-seller *Chronologically Gifted – Aging with Gusto: A Practical Guide for Healthy Living to Age 123*, [click here](#).

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3:15 pm - 4:15 pm  
RESOLVING THE ROOT CAUSE OF EVERY ILLNESS  
with Melinda Muscroft, ND (Columbus, OH)

During this spirited presentation, Melinda will share her experiences with the most common imbalances and illnesses, such as chronic fatigue, sleep and digestive disorders, psychological disorders (including depression and anxiety), allergies, sugar and hormonal imbalances, and many more.



Melinda's presentation will discuss her life's work and research in the development of her proprietary method for resolving the root cause of every illness. Over the past 23 years, she has worked tirelessly to create highly comprehensive software that uses the latest bioenergetic technology to analyze the individual on all levels – physical, mental, emotional, and spiritual. Melinda has been in practice for over 23 years and emphasizes a holistic approach to wellness.

*Available afterward for questions at STRONGWELL booth 81.*

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4:30 pm - 5:30 pm  
THE SCIENCE BEHIND  
THERAPEUTIC USES OF CANNABIS  
with Dr. Lee Know, ND (inactive)

As new research expands our understanding of the body's endocannabinoid system and new studies uncover the benefits of cannabis and its constituents, we see a wave of health enthusiasts embracing the potential that cannabis provides.



Whether you already use cannabis or are just curious about all the hype, join Dr. Lee Know as he separates the propaganda from the current science-based evidence and learn how nurturing your endocannabinoid system can improve your health and that of your family.

*Available afterward for questions at SMITH'S PHARMACY booth 147 - 160.*

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5:45 pm - 6:45 pm  
RESTORING NATURAL ENERGIES:  
BIO-EPIGENETICS™ & BEYOND  
with Martee Tegtmeyer  
TFH® consultant, K-Power® instructor

New discoveries about autophagy, interstitium, and telomeres are lighting the way to regenerating cells and rejuvenation. Learn about the 12 studied epigenetic modulators affecting the expression of our DNA.

Change the way you live your life and enjoy mini-enlightenments through diverse modalities. Learn how simple questions can profoundly integrate the metaphors in your body.

*Available afterward and throughout the weekend for questions at REAL RELAX® SAUNAS & BIOEPIGENETIX™ SOLUTIONS booth 50.*



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### Lecture Hall 206-D

11:45 am - 12:30 pm  
HOW TO PREVENT AND TREAT  
HIGH BLOOD PRESSURE, CHOLESTEROL,  
AND HEART DISEASE  
with Dr. Elie Klein, ND



Despite Western medicine's best efforts, cardiovascular disease is still a leading cause of death. Come and learn about the most common causes of high blood pressure, cholesterol, and heart disease – and what steps you can take to increase the odds of preventing a heart attack or stroke.

Includes a discussion of iodine, selenium, chromium, magnesium, and vitamin C to lower blood pressure, clear inflammation from arteries, and reduce cholesterol naturally.

*Available afterward at Nanton Nutraceuticals in the SMITH'S PHARMACY pavilion booths 147 - 149.*

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12:45 pm - 1:45 pm  
HOW A SICK AND TIRED WAR VETERAN  
GOT HIS HEALTH BACK  
with Adam Ringham (Jacksonville, Florida)



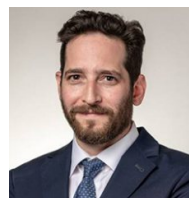
Suffering from PTSD, chronic fatigue, and vaccine injury, Adam Ringham was a U.S. war veteran who faced his biggest challenge upon returning home from Iraq. In his quest for recovery, he tried many forms of detoxification and chelation therapy without success. Then he finally found a solution – Coseva Advanced TRS toxin contaminant removal system.

Adam attributes much of his recovery to this one zeolite-based product and has since dedicated his life to speaking publicly about it. He no longer has PTSD or any sign of a vaccine injury. In fact he's in the best shape of his life with boundless energy, mental clarity and purpose. In this talk, Adam will share his story of recovery, what he used, and how it can help just about anyone recover from a variety of health problems in a safe, easy, and effective manner.

*Available after his lecture and throughout the weekend for questions at COSEVA ADVANCED TRS booth 131.*

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2 pm – 2:45 pm  
THE FUTURE OF MEDICINE –  
A PERSONALIZED APPROACH TO  
HEALTH USING GENETIC TESTING  
Dr. Aaron Goldman, PhD and  
Dr. Robyn Murphy, ND



In recent years, advances in genetic testing provide useful information on individual response to dietary interventions, risk for nutrient deficiencies, and biochemical nuances that dictate the appropriate dose and form of certain products.

Join Drs. Goldman and Murphy to learn how to unlock your genetic potential. We will look at evidence on the role of genetics in personalizing



diet and nutrition strategies, along with disease risk and prevention, and follow-up testing to see the impact of your genes on your health and understanding what specific forms of vitamins are best suited for you.

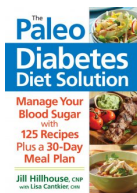
*Available afterward at the DNA Labs and AOR booths in the SMITH'S PHARMACY pavilion booths 147 – 149.*

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3 pm - 3:45 pm

HOW TO PUT PRE-DIABETES AND  
TYPE 2 DIABETES INTO REMISSION – NATURALLY  
with Jill Hillhouse BPHE, CNP, RNT

Join Functional Nutritionist and author Jill Hillhouse to discover how small changes in key areas of our lives can stop and reverse blood sugar dysfunction. Find out why the advice of losing weight and exercising more needs to be revisited within the context of an overall lifestyle approach to blood sugar.



Come away with a checklist of changes you can start making today to stop and reverse unbalanced blood sugar.

*Jill is the author of the book "The Paleo Diabetes Diet Solution", and will be available for questions and book signings all weekend at the Smith's Pharmacy booth 147 to 149.*

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4 pm - 5 pm

MY TOP 5 ANTI-INFLAMMATORY GUT HEALING  
STRATEGIES FOR PREVENTING DISEASE,  
BOOSTING ENERGY, AND LOSING WEIGHT  
with Julie Daniluk, RHN

Discover the most powerful foods and supplements you can use to activate your immune system to fight off incoming invaders. Learn easy ways to switch off your stress response so you can sleep deeper, lose excess weight, relieve anxiety, and find more joy in life.



Join us as Julie shares how to strengthen your body for incredible health and longevity. A nutritionist and TV host, Julie Daniluk is the bestselling author of Meals That Heal Inflammation, and Hot Detox. Connect with Julie on Facebook, Twitter & Instagram.

Enjoy more recipes on her website [www.JulieDaniluk.com](http://www.JulieDaniluk.com)

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5:15 pm - 6 pm

EIGHT CALMING STRATEGIES  
FOR THE STRESSED AND ANXIOUS  
with Alison Tennen  
B.A. (Psychology & Music), B. Ed, LC.

This is an interactive workshop for those who feel stressed and anxious in these uncertain times. Learning these eight calming strategies are invaluable because when you are calmer, you're better able to tap into your creativity.



You can become a better problem solver. Your relationships benefit. You can partake in life more fully. When you're calmer, your body can heal more readily and you can hear your own inner wisdom and gain greater clarity. Come learn to use these strategies so you can enhance your life in a myriad of ways.

*Visit Alison before or after the workshop at CALM DOWN booth 45.*

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### Stage One (Exhibit Hall)

1 pm - 1:45 pm  
LECTIN-FREE AND ALKALINE:  
COMPLETE HEALING ON ALL LEVELS  
with *Stephan Wilmes, MA. (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.

His company, YouInFocusProducts, 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. He will introduce the basics of our human metabolism and explain the consequences of a lectin-rich, acidic diet, and give you an overview of toxic and harmful substances. You will enjoy improving your health and wellness when you learn how easily you can implement an alkaline lifestyle.

*Available afterward for questions at YOUINFOCUS booth 108.*

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2 pm - 2:45 pm  
FIT AND FABULOUS AT 50  
with *Kimberley Milousis, doTERRA Canadian founder*



There is a prevailing narrative in our culture that, as we age, we should expect to feel more aches and pains, less healthy, less vibrant, and less beautiful – as though we've already lived our best years and we're just waiting to die!

In her life, Kimberley has fought hard against this bias and she's happy to say that now, in her 50th year, she feels healthier, stronger, and more fulfilled than at any other point in her life. Join her in this hope-filled session to learn how she shifted her mindset and harnessed the power of antioxidants, micronutrients, and essential oils to create a life of abundant vitality. To learn more about Kimberley's story, go to: [kimberleymilousis.com/about-kimberley](http://kimberleymilousis.com/about-kimberley)

*Available afterward for questions at EMPOWERED LIVING INC. booths 119, 102.*

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3 pm - 3:45 pm  
DISCOVER A ROMANIAN SUPERFOOD  
FOR MAXIMUM HEALTH  
with *Nick Chelu (Bucharest, Romania)*



Come and learn about a new superfood on the Canadian market. "Bee bread" is a potent, energy-rich food fermented by bees in the hive. Its highly bioavailable protein content makes it a powerful ally for enhancing strength and endurance. This high octane food is also rich in minerals, vitamins, and enzymes.

HaliKali is a family project involved in ethically harvesting this superfood produced by Romanian bees – known as Ambrosia Bee Bread. It contains a range of probiotic bacteria, enzymes, and healthy fats. Long revered in folklore medicine, discover how bee bread can enhance your energy and well-being in today's modern world.

*Available afterward for questions and sampling at HALIKALI booth 245.*

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4 pm - 4:45 pm  
TRIANGLE OF DISEASE: THE CAUSE OF CHRONIC ILLNESS

with Ben Fuchs, B.Pharm.

There are three common pitfalls that the majority of the population will succumb to at some point during 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. The talk includes a discussion of minerals, vitamins, amino acids, and essential fatty acids.



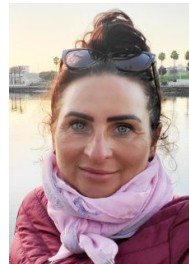
Available afterward for questions at YOUNGEVITY CANADA booth 121.

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5 PM – 5:45 PM

HOMEOPATHY: DISCOVERING NEW  
PERSPECTIVES AND UNLOCKING OLD IDEAS  
with Hannah Shalom DCHM (Hon.) FCHM Homeopath

Available afterward for questions at PURE, SIMPLE,  
AND AMAZING HOMEOPATHIC FAMILY PRACTICE booth  
112.



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## Stage Two (Exhibit Hall)

12 PM - 12:30 PM

BHAKTI YOGA  
with the Gavra Shakti Band

Chanting the holy "maha mantra". Transcendental vibration for meditation.  
Sponsored by ISKCON Toronto.

Available afterward for questions at GOVINDA'S booth 166.

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12:45 pm - 1:30 pm

RELIEVE PAIN AND PROMOTE  
HEALING WITH CAMEL WOOL  
with Arif Gilany

For centuries, camel wool has been used in the Far East for its therapeutic, healing benefits. The natural, comfortable warmth of camel wool products work to increase blood circulation, reduce inflammation and promote healing.



Come and learn more about the breathable, hypoallergenic, thermoregulating line of camel healing products imported from Mongolia and Turkey, and available right here in Toronto.

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

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1:45 pm - 2:30 pm

IS YOUR OLIVE OIL FAKE?  
with Panagiotis Tsiriotakis (Crete, Greece)

Did you know that 70% to 90% of extra virgin olive oil on the shelf is adulterated? These oils 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 153, 154.*

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2:45 pm - 3:30 pm

**A VITAL TOOL FOR A HEALTHY COLON**  
with Olga Samson, RHN

A healthy colon is the gateway to vitality. Colon toxicity can be related to constipation, leaky gut, and many other health issues. Come and hear Olga's story of how she restored her health with a whole body detox, beginning with a colon cleanse.



She will also explain a new method of colon cleansing in the comfort of your own home, using the Enema Recliner Chair which makes home enemas and hydrotherapy more hygienic, convenient, and cost effective than going to a clinic.

*Available afterward and throughout the weekend at SAMSONOSONG CORP. booth 97-A.*

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3:45 pm - 4:30 pm

**QUIT SMOKING WITH HYPNOSIS**  
with Luke Michael Howard, Clinical Hypnotist

Learn why smoking is not really a physiological addiction. Discover how, when the body and mind are working in unison, quitting smoking is easy. You will leave this presentation with three tools to help you break free of the craving for cigarettes once and for all.



*Available afterward and throughout the weekend for questions and demonstrations at booth 44.*

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4:45 pm - 5:45 pm

**CHILLING OUT WITH CHI GONG**  
with Saud Juman, Jacqueline Chan, and Mike Popovici  
Fa Chi Gong Instructors

Chill out! Take a break and stop stressing. Stress is the root of many health problems and can wear out your heart, liver, and digestion.



Pureland Qi Gong healers trained under Master Teresa Yeung will share how Chi Gong has transformed their lives, and will give simple tips and exercises you can practice to dial down your stress and inflammation. Let's melt your stress away and heal your body and mind.

*Available afterward for questions at PURELAND INTERNATIONAL QI GONG booth 77.*

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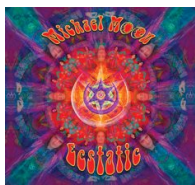
6 pm - 7 pm

**A CONCERT WITH MICHAEL MOON**

All are welcome to come and enjoy this special interactive concert and sound healing journey with Michael Moon's gentle immersive songs, chants, and healing sounds.



*Michael is available afterward and throughout the weekend at THE TEMPLE OF SOUND booth 3.*


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### Lecture Hall 204

12:45 pm - 1:30 pm

NORWEGIAN SPRUCE EXTRACT –  
A POWERFUL ANTIOXIDANT  
with Henry Huibing Xiong, R.TCMP



Free radicals are atoms that cause oxidative stress in the body which can damage cells, leading to a range of diseases and accelerating aging. Fortunately, there are powerful antioxidants available which can fight this oxidative stress and restore the body's anti-aging powers.

One such antioxidant is Norwegian Spruce extract which is high in lignans proven to offer incredible benefits as it improves the cardiovascular system, protects DNA, and helps to balance blood glucose.

Available afterward for questions at SAGEE CANADA WELLNESS booth 136-A.

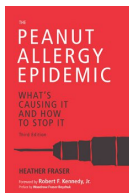
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1:45 pm - 2:45 pm

BIOPOWER: POLITICS AND  
HEALTH IN CANADA  
with Heather Fraser, MA, BA, B.Ed.



Coined by philosopher Michel Foucault, biopolitics or biopower sees the insertion of corporate power into the decisions of government to achieve control over markets. The results include an increased consumption of pharmaceutical products without adequate consumer protections and rising chronic illnesses such as life threatening allergies.



Come and find out how this affects you. Heather Fraser is author of *The Peanut Allergy Epidemic: What's Causing It and How to Stop It*.

Available afterward for questions at VACCINE CHOICE CANADA booth 239.

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3 pm - 3:45 pm

FOUR SIMPLE STRATEGIES  
TO IMPROVE THYROID HEALTH  
with Tina Joseph, BA (Hon.),  
Registered Holistic Nutritionist™



Do you have a lack of energy and difficulty losing weight? Most solutions focus on treating the thyroid as the main problem while ignoring other imbalances and damage in the body; making it difficult to achieve true relief and repair.

In this talk, Tina will explain four simple strategies that every hypothyroid and Hashimoto's woman can use when it comes to improving their energy. Say goodbye to sluggish mornings and mid-day lulls. Tina's step-by-step approach can put you back in the driver's seat.

Speaker bio: Tina Joseph, BA, RHN, and Culinary Nutrition Expert, is dedicated to helping holistically using food to rebalance their bodies. She is the founder of The Thriving Thyroid Program which helps women to get their energy back using her method to regain thyroid health. She draws on her various training as well as personal experience with Hashimoto's and her own struggles with weight and lack of energy.

*Available afterwards for questions at CANADIAN SCHOOL OF NATURAL NUTRITION booth 64.*

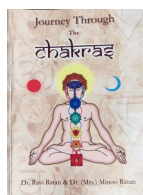
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4 pm - 4:45 pm

#### CHAKRAS, NUMBERS & PLANETS

with Dr. Ravi Ratan, M.Sc. MBA, D.Sc. (Mumbai, India)

There is a hidden numerological pattern that serves as a key for unlocking secrets of the psyche. Each number is associated with a planet that influences our life and Chakras. People having the birth or life number 1 are ruled by the sun, which strengthens the solar plexus chakra and makes these people ambitious in life. Similarly, birth number 2 is ruled by the moon which influences the sacral chakra that influences emotional balance.



Come and hear Dr. Ratan explain how different numbers associated with various planets influence our Chakras, and through that they influence our attitude and temperament in life. He is a clinical aromatherapist and healer, integrating Aromatherapy with Lymph Drainage & Chakra healing.

*Available afterward and throughout the weekend for questions at AROMATANTRA booth 113.*

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5 pm - 5:45 pm

#### POWER OF MUSIC TO CREATE OR DESTROY

with Natasha Zwanck & Valya Valencia, Translators

What is the quality of the music that constantly accompanies our lives: in stores, in cafes, from televisions and radios? Does it inspire creativity and beauty, or does it influence us to make the wrong decisions? Come to our lecture and find out the secrets of music and the profound effects it has on human beings.



These secrets have been known by the ancients, but are forgotten in our contemporary society. Presented by volunteers of the messenger Tatyana Mickushina, author of 60+ spiritual books that are read across 50 countries worldwide.

*Available afterward for questions at SIRIUS: ASCENDED MASTERS MESSAGES booth 38.*

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6 pm - 6:45 pm

#### DEVELOP YOUR PSYCHIC GIFTS FOR PERSONAL AND BUSINESS SUCCESS

with Camille Conti

Psychic Medium, Success Coach,  
Hypnotist, NLP coach (North Tonawanda, New York)

During this talk you will learn how to identify some of your psychic gifts and abilities, and how to develop and manage them. You will also be inspired to become more aware of your life's meaning up to this point and your soul's missions moving forward.



Leave with more clarity about who and what you are and your divine purpose. This talk is for everyone – beginners, intermediate and advanced. Camille offers one on one tutoring, mentoring and coaching as well as a Certification Course! For more information visit: [www.camilleconti.com](http://www.camilleconti.com)

*Available afterward and throughout the weekend for questions at NATURAL IMAGE CARE booth 66.*

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Lecture Hall 206-B

12:45 pm - 1:30 pm  
**THE ESSENTIAL ROLE OF FOOD  
 AND NUTRIENTS IN GOOD MENTAL HEALTH**  
*with Paul Demeda, CNP*

The idea that what you eat affects how you feel is accepted by most people, and also well supported by research. However, food and nutrients are rarely considered as key components in a strategy for achieving and maintaining good mental health.



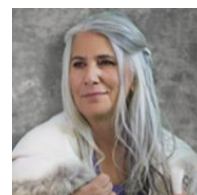
This talk will show how foods and nutrients support or compromise the way your brain works, and subsequently how you feel. You will learn the key foods and nutrients to use, or avoid, for better mental focus and clarity, stress reduction, and mood. The information will be presented in a clear and logical way, and supported by published research.

*Available afterward for questions at THE INSTITUTE OF HOLISTIC NUTRITION booth 109.*

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1:45 pm - 2:30 pm  
**SHAMANIC ENERGY MEDICINE:  
 NAVIGATING OUR 13 GIFTS OF BIRTH**  
*with Gaisheda Kheawok*

Archetypal Shamanic Energy Medicine™ (ASEMTM) is the science and language of Image and Vibrational Expression, expressed through colour, image and sound.



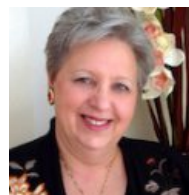
Each of us has 13 unique gifts of birth, represented by colour and frequency. Join us and learn how the Thirteen Canoes® can support you to access and develop your Soul's intuitive gifts of birth.

*Available afterward for questions at THE WHISPERING SONG SCHOOL OF ENERGY MEDICINE booth 28.*

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2:45 pm - 3:30 pm  
**OPTIMIZE YOUR DOWSING SKILLS  
 WITH THE MIND-BODY-SPIRIT TRINITY**  
*with Rev. Alicja Aratyn, M.Eng., DM*

What does your brain have to do with your dowsing ability? Through the Mind-Body-Spirit Trinity introduced by Alicja, you will understand how your brain can, but doesn't have to, influence your dowsing skills and results.



Learn how the body reacts to dowsing stimuli and the role of the Spirit in our development through dowsing. Discover important facts from neuroscience to help you understand how to attain good dowsing results. Enjoy this visual visit to the past, present, and future of dowsing.

Alicja is an Environmental Engineer and a Reverend, both of which assist in her mission to bridge science and spirituality. She travels throughout the world to share her knowledge about dowsing at conferences and classes. Visit: [www.intuitivedowsing.com](http://www.intuitivedowsing.com)

*Available afterward and throughout the weekend at ALICJA CENTRE OF WELL-BEING booth 22.*

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3:45 pm - 4:30 pm  
**ARCHANGELS, SERAPHIMS AND CHERUBIMS –  
 A UNIVERSAL VIEW AND THEIR DIVINE RESPONSIBILITIES**  
*with Peter Schnell, BASc.*

The true vastness of Archangels, Cherubims, Seraphim, the Elohim, and Crystal Angels includes the full creation and maintaining of universes, galaxies, stars, and planets.

Learn about their divine responsibilities through the channelled teachings



of Litios co-founder and Angel Medium Antje Kyria Deva. We will do a meditation to connect with Archangel Michael, Archangel Metatron, and other Archangels. Experience how they ignite your aura, transform personal issues, and create light portals and connections in you to higher celestial dimensions.

We will also spread light and peace throughout our country and worldwide. You will hold a Litios Light Crystal during the meditation to intensify your experience. You will feel clearer, lighter, uplifted, and inspired.



*Available afterward for questions at LITIOS LIGHT CRYSTALS booth 26.*

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4:45 pm - 5:30 pm  
THE GREEN BOOK OF LIFE  
with Michael Adefope

Today, more than ever before, human beings want "green" lifestyles. We want to eat better, work better, rest better, in short to live longer and stronger. We look for natural products, nutritious foods, relaxation techniques, green and renewable products, etc., in order to accomplish this. Yet all of this only addresses the physical aspects of life when in fact we are spiritual beings first and foremost.



Deborah will present the spiritual work titled "*In the light of Truth – The Grail Message*" that teaches us about the cosmic laws that not only govern nature but all of Creation, and our place and responsibility as we journey through life. This "green book" reveals the true meaning of life and opens the door to true happiness and lasting inner peace.

*Available afterward for questions at GRAIL BOOKS CANADA booth 37.*

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5:45 pm – 6:30 pm  
MOTHER EARTH –  
REMEMBER, REIGNITE, RECONNECT  
with Sandra Moon Dancer, B.Sc., M.H.Sc.

Mother Earth -- What does She want us to know? What is She saying? Are we listening? Energy teachings, meditation, song, Mother Earth spirituality and spectacular photos allow you to experience the healing messages. Sandra Moon Dancer shares insight from her experience as a sacred site travel leader and bridge to international traditional Mother Earth teachers.



She leads Sacred Site travel, including groups to Costa Rica 2020, Iceland, and Sacred Stone Circles in the Celtic Isles and Malta. With 30 years in healing communities and indigenous circles, Sandra Moon Dancer is an internationally renowned shamanic energy medicine teacher and Executive Director of the Centre of Circle Wisdom. Early bird discounts for travelling in 2020!

*Available afterward for questions at CENTRE OF CIRCLEWISDOM booth 74.*

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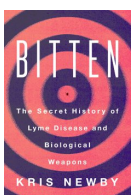
> SPEAKERS &  
EXHIBITORS**Sunday Speakers - November 10, 2019**

Lecture Hall 205	Lecture Hall 206-D	Stage One (Exhibit Hall)	Stage Two (Exhibit Hall)	Lecture Hall 206-B
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**Lecture Hall 205**

11 am - 1 pm  
**THE EXPLODING LYME DISEASE EPIDEMIC**  
*with Jozef Krop MD (ret.), CNP, FAAEM*

As the Lyme epidemic explodes globally, scandalous medical collusions and conflicts of interest incriminate the very healthcare systems meant to protect us. Despite the obstacles that researchers, physicians, and patients continue to face, promising new findings are emerging.



Join Dr. Krop, award-winning doctor and Lyme-literate expert, for a 60 minute screening of "Emergence: From Horror to Hope." This highly anticipated sequel to the movie "Under Our Skin" investigates the deepening Lyme disease crisis and follows its casualties and controversies around the world. It also features Kris Newby, whose new book "Bitten" will be discussed by Dr. Krop. A short Q & A will follow the screening.

Available afterwards and throughout the weekend for questions and book signings at ECOHEALTH AND WELLNESS booth 238.

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1:15 pm - 2 pm  
**WINTER IS COMING –  
 AND COLD SEASON WITH IT!**  
*with Allison Tannis MSC, RHN*

In this engaging presentation learn about the common cold, its causes, and some herbal options. Allison will provide an overview of the common cold and talk about herbal options, their traditional use, and clinical research. She makes learning a hilariously uplifting and entertaining experience.

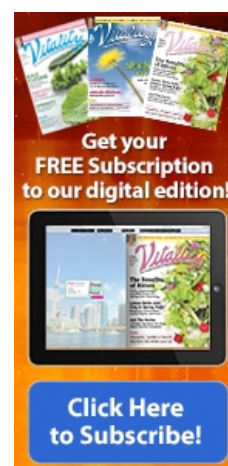


She is the author of five books, an internationally-sought blogger, and Instagram personality. A brilliant ability to sprinkle a dash of humour into her meticulous research on aging, probiotics and healthy living, Allison is one geeky nutrition nerd you'll want to have dinner with. More deliciously geeky bites available at [allisontannis.com](http://allisontannis.com) or follow her @deliciouslygeeky.

Available afterward for questions at SMITH'S PHARMACY booth 147 - 162.

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2:15 pm - 3:45 pm  
**5 POWERFUL SPIRITUAL  
 SELF-HEALING TECHNIQUES**  
*with Mrs. Kristen Hardy, BA, Yoga Teacher*



Have you experienced problems in life that do not go away despite trying all known solutions? When such problems persist, there's a good chance that they have their root cause in the spiritual dimension. If the cause is spiritual, then only a spiritual solution will give lasting relief.



With demonstrations and real-life case studies, we show you 5 powerful spiritual self-healing techniques, which are easy to apply to complement your current spiritual practice. SSRF encourages self-healing techniques as this enables one to be independent and self-sufficient.

*Available afterward for questions at SPIRITUAL SCIENCE RESEARCH FOUNDATION booth 30.*

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4 pm - 4:45 pm  
MAKE YOUR OWN POWERFUL CANNABIS EDIBLES  
with Pat Crocker, BAA, BEd, Culinary Herbalist

As an ancestral, sacred and entheogenic herb, Cannabis is once again rising to the urgent call to help heal humans. Pat Crocker explains the key issues in making your own edibles and medicine.



Pat will de-mystify strains and ratios, she will explain THC and CBD, how to determine dosage, and she will demonstrate Majoun Morsels, a non-Cannabis recipe ready for you to add your own Cannabis.

Pat Crocker is the author of 22 books, including *Healing Cannabis Edibles*, *The Herbalist's Kitchen*, *The Healing Herbs Cookbook*, *Preserving*, and *The Juicing Bible*.

*Available afterward at VITALITY MAGAZINE booth 231 for questions.*

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### Lecture Hall 206-D

12 pm - 1 pm  
EFFECTIVE SOLUTIONS FOR  
IMPROVING WOMEN'S HEALTH  
with Anna Maria Clement, PhD, LN, NMD  
(West Palm Beach, Florida)

Over the past 63 years, Hippocrates Health Institute has been a pioneer in Lifestyle Medicine. And Hippocrates' co-director, Anna Maria Clement, has become an expert in health solutions that give women the ability to live longer, healthier lives free of disease and sadness.



There are clear steps that have been clinically utilized and are universally effective in helping those who endure maladies to improve or reverse them, and slow the process of prematurely aging. Clement will offer participants her European and North American experience in the field of natural healthcare for the last 47 years.

*Available afterward for questions at HIPPOCRATES HEALTH INSTITUTE booth 135.*

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1:15 pm - 2 pm  
NOVEL MEANS TO COPE  
WITH INCREASING EMF POLLUTION  
with Dr. Andrew Michrowski, PhD (Ottawa, Ont.)

We can expect 10 - 100 times more exposure to microwaves within the next few years. This is due to expanding applications for wireless devices (including for the smart meters) along with the roll-out of the 5G's Internet of Things inter-operability.



Fortunately, progress in new advanced materials, and in science and technology, are allowing the development of tools to support life to cope with EMF pollution. This is good news for the environmentally sensitive - 30% of Canadians. Come and find out more about the threats to your health caused by EMFs, and what tools are available to aid protection.

*Available afterward and throughout the weekend at PLANETARY ASSOCIATION FOR CLEAN ENERGY booth 9 for questions.*

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2:15 pm - 3:15 pm  
TESLA METAMORPHOSIS:  
HEAL AND EVOLVE  
with Anya Petrovic (Sydney, Australia)



The founder of Tesla Metamorphosis®, Anya Petrovic, internationally recognized teacher, healer and author, will introduce you to amazing new healing frequencies and teach you how to harness the power that legendary inventor, Nikola Tesla, worked with. Clients report healings from diseases that are considered incurable, even from physically damaged spine and birth deformities, usually after only three sessions.



Tesla Waves, unique for this modality, elevate the frequency of human consciousness and enable all students to create the communication with clients on the level of the conscious, subconscious, and integrative mind, though they were not aware of such abilities before. Visible to the naked eye, orbs (balls of light) and colours on the wall in halls where seminars were being held, or light that appears around some clients during healing sessions, are a completely new phenomena.

In the quest to explore miracles, Anya's book *Tesla Metamorphosis – Heal and Evolve*, reveals new knowledge found in pioneering scientific research, and in ancient wisdom.

*Available afterward at TESLA METAMORPHOSIS booth 90 where you can experience this powerful healing, register for seminars, and buy the book.*

To read more about Tesla Metamorphosis, see Anya's Guest Post: <https://vitalitymagazine.com/nikola-tesla-the-history-of-the-future/>

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3:30 - 4:15 pm  
NUTRITION SECRETS FOR  
INCREASING ENERGY AND PERFORMANCE  
with Julie Daniluk, RHN



In this lecture, Julie Daniluk reviews the latest research on the foods and supplements that can reduce fatigue and pain, rev up metabolism, balance hormones, and boost the immune system. She also shares her knowledge on cleansing the organs, reducing cravings, and creating a stronger body.

*Available afterward for questions at SMITH'S PHARMACY booth 147 - 149.*

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### Stage One (Exhibit Hall)

12 pm - 12:45 pm  
SIMPLE WAYS TO REVERSE THE EFFECTS  
OF STRESS, AND GET YOUR ENERGY BACK  
with Dr. Elie Klein, ND



The negative effects of chronic stress can include depression, anxiety, low thyroid function, digestive issues, heart disease, and even cancer.

In this talk, you will learn how to decrease stress using nutrition, herbal adaptogens (specifically rhodiola rosea), as well as vitamins and minerals –



particularly magnesium. Dr. Klein will also explain how to support thyroid function with iodine and selenium.

*Available afterward for questions at Nanton Nutraceuticals in the SMITH'S PHARMACY pavilion booths 147 - 149.*

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1 pm to 1:45 pm  
JUMP IN THE MUD WITH  
CANADA'S FULVIC MINERALS  
*with Mickey Burns*

Dr. Linus Pauling, Nobel Laureate, stated that every disease and ailment can be traced to a mineral deficiency. Come learn about the life-changing effects of Canada's Fulvic Minerals.



These minerals, specifically Fulvic Acid, provide the purest form of electrolytes, balance hormones and pH, and deliver up to 45% more oxygen at the cellular level. Carrying 60 times its weight in nutrition into the cell, while carrying 60 times its weight in toxins out, Fulvic Acid is a substance critical to human health.

*Available afterward for questions at NuWTR & NATIVE SEED CO. booths 150, 151.*

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2 pm - 2:45 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 clear toxins from the tissues, 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 booth 229, 230.*

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3 pm - 3:45 pm  
FINDING GOD, FINDING HEALTH  
*with Michelle Nanouche (Paris, France)*

How does an understanding of God result in healing? Why would one choose prayer as a viable form of healthcare? Come to this interactive talk that will explain the living God as active, present, and accessible.



Michelle Nanouche is an international speaker who will reveal that no one is, or can be, cut off from or left out of the divine presence. The unique revelation of God's full nature, as explained by Christian Science, opens the divine ability in us to not just survive, but to thrive!

*Available afterward for questions at CHRISTIAN SCIENCE booth 36.*

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4 pm - 4:45 pm  
REDUCE STRESS, BUILD INNER CALM,  
AND ENHANCE MEMORY WITH  
BRAIN GYM® TECHNIQUES  
*with Jill Hewlett, Brain Fitness Expert*

This is an introduction to user-friendly neuroscience to develop brain agility and proficiency for learning, work, and life.



Join Jill for a fun and experiential seminar featuring the internationally acclaimed Brain Gym® activities that you can use anywhere to reduce stress, elevate energy, shift mood, improve focus, and augment brain health, productivity, and effectiveness. Learn a three minute daily Brain Tune-Up you can use immediately to put you in a learning and life-ready state. To learn more, visit: [www.jillhewlett.com](http://www.jillhewlett.com)

*Available afterward for questions at YOUNGEVITY CANADA booth 121.*

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## Stage Two (Exhibit Hall)

11:15 am - 12 pm  
DANCE YOUR ACHES AWAY  
WITH DANCE QIGONG  
with *Ingrid Splettstoesser*



Smile. Enjoy rhythmic sounds and the soft movements of dance-like qigong that work to harmonize your internal systems as you dance. Qigong means life-force energy work. Use firm, slow movement for your hips and shoulders while flowing to gentle music.

Are your joints stiff or achy? Da Wu (Dance) Qigong was designed to mitigate joint pain. As we practice Da Wu Qigong together, and you focus on your breath and intention, the life-force energy will help soften your human energy field as well as your joints.

*Available afterward at DANU STUDIES INC. booth 27 for questions.*

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12:15 pm - 1 pm  
HOW TO CREATE A HEALTHY HOME  
AND WORKPLACE  
with *Brian Lattanville*



Join Brian, owner of Healthy Home Makeovers, as he explains about the toxins that lurk within your home and workplace, and the solutions that are available.

His company offers a Healthy Home Assessment that explains how air purification, water purification, and detoxification can help make a less toxic environment in a variety of different ways. This is your chance to learn about what a Healthy Home Makeover can do to create a healthier life for you and your family.

*Available afterward and throughout the weekend for questions at HEALTHY HOME MAKEOVERS booth 10, 11.*

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1:15 pm - 2 pm  
APITHERAPY: MEDICINE OF THE BEES  
with *Yann Loranger*



Apitherapy is the preventive and therapeutic use of beehive products such as honey, pollen, propolis, royal jelly, bee venom, and more.

It is known to be effective for more than 800 different health issues including: wound treatment, multiple sclerosis, Lyme disease, arthritis, asthma, etc. Learn how the use of bee products for health is the best answer to the environmental concerns we all have regarding our dearest honeybees.

*Available afterward for questions at THE BEE SHOP booth 163.*

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2:15 pm - 3 pm  
 CREATE HEAVEN ON EARTH  
 WITH THE UNITY BUBBLE  
 with Natalia Brajak and Athena Hagen



Come and learn about the authentic transformational potential of the Unity Bubble. Discover how this systematic process protects, clears, and awakens.

Dissolve triggers from the core, awaken to your true Self, and put your ego in service to your Soul. This comprehensive program leaves no stones unturned. The process is complete. All ancient wisdom teaches you to be your own guru. But how? The Unity Bubble cocreates the process to get you there.

Available afterward for questions at THE UNITY BUBBLE booth 54-A.

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3:15 pm - 4 pm  
 AWAKEN YOUR HIDDEN POTENTIAL  
 AND FIND MORE JOY  
 with Erik Valdman



Your inner hidden potential is secretly 'begging' to show itself to the world. The higher your potential, the more anxiety you're experiencing. At times you may be feeling not good enough, or not strong enough, or not smart enough, to face the world and its expectations. Or you may be feeling that there is more to life, more for you to discover. Perhaps you feel a desire to awaken something within, to be yourself, to be free.

Come and witness a practical demonstration of energy healing designed to help you right now. Learn how to awaken your inner hidden potential and find more joy in every day life.

More information available at [www.erikvaldman.com](http://www.erikvaldman.com)

Available afterward and throughout the weekend at THE ART OF BIM booth 49.

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4:15 pm - 5 pm  
 THE KNOWLEDGE BOOK -  
 GIFT FROM THE COSMOS  
 with Kalya Bobyk



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

Information will be given about the Alpha Channel, the Cosmic Ages, the GoldenAge, the Sacred Books Program, the current state of our Planet, the Evolutionary Steps of Humanity in future centuries, our extraterrestrial sisters and brothers, and other information. This Book accelerates the evolution of human consciousness, which is necessary for these times and for our survival in the coming ages.

Available afterward for questions at THE KNOWLEDGE BOOK booth 62.

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### Lecture Hall 206-B

11:30 am - 12:15 pm  
 RESTORE YOUR HEALTH  
 AT A DEEP CELLULAR LEVEL  
 with Hengameh Joulaie, MLA, BFA, RHN, RBIE

Your cells work together like an orchestra – harmonious frequencies play

together to make you a healthy, functioning being. However, the balance within your orchestra can be distorted when you absorb inharmonious frequencies from stress and electromagnetic fields.

Consequently, you will not be able to absorb nutrients or detoxify efficiently. Fortunately, Bioenergy Intolerance Elimination (BIE) can reintroduce the correct frequencies to your cells, alleviating the symptoms caused by disruptions in the past. Come and find out how BIE can benefit you.



*Available afterward and throughout the weekend for questions and BIE treatments at booth 234.*

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12:30 pm - 1:15 pm  
DIABETES, 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. Well versed 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, memory while alleviating stress, headaches, insomnia, ADHD, and more.



*Available afterward and throughout the weekend for questions at SAGEE CANADA WELLNESS booth 136.*

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1:30 pm - 2:15 pm  
THE MUSCLE TESTING WORKSHOP  
with Brian Gangel, DHS, IMP, BIOM

Join Canada's muscle testing expert, Brian Gangel, ambassador for Premier Research Labs Canada and diplomat for the Quantum Research Council, to learn the art and science behind true muscle testing.



Witness how it can help to pinpoint nutritional imbalances in the body. Special discounts to future introductory certification classes will be offered, as well as free scans and demos.

*Available afterward and throughout the weekend for questions/demos at NEW MILLENIUM LIVING LTD. booth 61.*

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2:30 pm - 3:15 pm  
MASTER YOUR INNER CRITIC:  
SUBCONSCIOUS BELIEFS ARE KEY  
with Lisa Sidorowicz, MA, B.Ed.,  
Core Belief Engineering Master Practitioner

Your inner critic is one of your most devoted but misunderstood guardians, committed to keeping you protected. Inner critics don't respond well to criticism. Rather, they respond to love, compassion, and recognition for their important role. Discover how to help your inner critic evolve into a new, supportive role as part of your mind.



The information in this presentation could transform your life. Learn how re-engineering your powerful subconscious core beliefs can set you free.

*Available afterwards and throughout the weekend for questions at Booth 46.*

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3:30 pm - 4:15 pm  
THE TRUTH ABOUT REINCARNATION



with Michael Uyttebroek

What happens to your personality when you die? What are some common misunderstandings regarding reincarnation? Burial versus cremation – which would you choose? Gain new insights into this fascinating subject, based on the writings of Billy Meier.



This Powerpoint presentation will explain what is the creation or universal consciousness, the evolution of human consciousness, unintended consequences of organ transplants, explanation of the near death experience, and more.

*Available afterward and through the weekend at FIGU-LANDESGRUPPE CANADA booth 34.*

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4:30 - 5:15 pm

HOLISTIC PSYCHOTHERAPY –  
HEALING FOR MIND, BODY, AND SOUL

with Ken Walton, M.Ed, Psychotherapist, Yoga Therapist

Holistic psychotherapy is a healing process in which the root cause of suffering can heal. It's a professional structured space in which the depth of one's psychological traumas, currently creating anxiety, depression, and relationship issues, can transform. I will highlight the specific ways that psychotherapy works, and answer any questions about psychotherapy.

*Available afterward and throughout the weekend at booth 47.*

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