

9:00 AM MORNING KEY NOTE LECTURE**FITNESS MADE SIMPLE: CHANGE YOUR BODY CHANGE YOUR LIFE**

Fitness expert and media icon **John Basedow**, will inspire and motivate those in attendance, as he shares his body transforming plan that he developed after trying just about every fitness fad and gimmick with little success. It's not just about losing weight, it's about changing your mindset and entire body composition so that you increase lean muscle mass and decrease body fat. At this lecture you will learn what it takes to implement the approach that changed the bodies and lives of thousands of people.

10:00 AM**AUTHENTIC LIVING: HAPPINESS, HEALTH & FINANCIAL FREEDOM IN A TROUBLED WORLD**

With extensive clinical background in Adult medicine and Oncology nursing, Luanne knows firsthand the devastating effects of chronic stress, misinformation and a toxic lifestyle. **Luanne Pennessi, RN, MS** is a passionate advocate, who packages her life-altering message with fun and humor. A registered nurse, practicing for nearly 30 years in both conventional and integrative medicine, she'll share information that motivates people to take back their personal power and lead happier more productive lives at ANY age.

TOXIC BRAIN: IDENTIFY HIDDEN MIND TOXICITY TO HEAL & GET OFF PSYCHIATRIC MEDS

We live in a world polluted with man-made toxins. They affect our mind and cause many psychiatric complaints. The conventional approach of putting patients on multiple medications causes further confusion and creates even more unbearable problems. By improving nutrition and life style, carefully getting off psychiatric medications and undergoing proper detoxification, you can regain health, happiness and clarity of mind. **Michael Gurevich, MD** is Board Certified in Psychiatry, Addiction and Holistic Medicine.

FIND YOUR INNER VOICE: USING INSTINCT & INTUITION THROUGH THE BODY-MIND LINK

In this lecture people will see, feel and experience how to connect their hearts and their heads when making decisions. Having a strong body-mind connection allows you to access the important intuitive, emotional and psychological information you need to create the life you want. **Author Karol Ward, LCSW** is a licensed psychotherapist and professional speaker, specializing in the body-mind connection and showing others how to tap into their own bodies for knowledge and guidance.

ADDRESSING MIGRAINES AND SINUS THROUGH THE SACRO-OCCIPITAL TECHNIQUE

An elaborate method of analyzing the body's structures in the vertical, prone and supine position, palpating for bony distortions, while removing nerve pressure and restoring the flow of cerebrospinal fluid systems and pressures at the base of the skull. **Dr. Vanessa L. Troise** is a graduate of Life University and has been freeing people from pain since 2002 in her clinic in Farmingdale and Manhattan. She is a member of the Sacro-Occipital Research Society International.

FOOD AS MEDICINE: CARB COUNTING FOR DIABETIES & FUNCTIONAL NUTRITION TESTS

Food speaks to your genes, says a breakthrough science of Genomics, it has the power to literally awaken dormant genes that predispose the host to hereditary disease, or create the foundations for optimal health and lifelong wellness. Get acquainted with cutting edge functional medicine concepts with **Rita Kashi Batheja, MS, RD, CDN** an internationally recognized registered dietitian, certified nutritionist in private practice utilizing complementary therapies and principles of functional medicine, in Baldwin Harbor, NY.

DETOXIFYING AND ALKALIZING YOUR BODIES' PH FOR OPTIMAL HEALING

Change your water, (the ingredient making up 70% the human body) change your life. By creating an alkaline environment in your body through the power of Kangen Alkaline Water, a breakthrough technology used as a medical device throughout Japan, you can begin reversing the toxic effects of our highly acidic diet. **Jonathan Dashiff, MD** and **Linda Wolser** will discuss the work of Nobel Prize recipient Otto Warburg, for his discovery that disease cannot survive in alkaline environment yet thrives in acidity.

11:00 AM**CANCER: ALTERNATIVE AND INTEGRATIVE THERAPIES**

The focus of mainstream medicine, as it regards cancer, is to cut burn or poison the body with the hopes of killing the cancer, before the 'cure' kills the patient. Insulin Potentiation Therapy (IPT) is a minimally invasive procedure that takes advantage of a cancer cell's inherent weaknesses, while at the same time rebuilding and strengthening the immune system. Join **Jonathan Dashiff, MD** and **Rick Linchitz, MD** a 10 yr survivor of 'arveolar carcinoma' lung cancer, to learn about alternative treatments from around the world.

TAKE 10 YEARS OFF YOUR FACE PAINLESSLY

Discover a non-surgical cosmetic enhancement that tightens the face, jowls, neck, treats acne, rosacea and pores, utilizing break-through ultramodern technology to create tighter, thicker and younger looking skin. **Kelly O'Malley-Mattone, MD** graduated Summa Cum Laude from California State University in 1985 and attended The Mount Sinai School of Medicine. She is the first physician in NY to perform this amazing alternative to facial plastic surgery.

HEALING PAINFUL JOINTS WITH PROLOTHERAPY, IS IT WORTH THE SHOT

This minimally invasive technique strengthens weak joints, cartilage, ligaments and tendons by stimulating blood vessel growth and increasing the flow of oxygen and nutrients to the area, so as to naturally facilitate the body's innate ability for healing. Join **Chris Calapai, DO** who is Board Certified in Anti-Aging Medicine as well as Family Medicine, Chelation Therapy and Hyperbaric Oxygen Therapy, to learn how perhaps you can avoid, or at least indefinitely postpone surgery.

OZONE, THE CLAW OF LIFE

What do Allergies, Chronic Fatigue, Fibromyalgia, Hepatitis C, Candida, Lyme, HIV/AIDS, and cancer have in common? Since 1885, all around the world, these and many other ailments have been successfully treated with Ozone Therapy. **Dr. Howard Robins** is one of a handful of doctors in the United States exclusively specializing in this powerful technique, he's performed over 85,000 cutting-edge "Direct IV" ozone treatments, achieving impressive results across a wide array of medical conditions.

STAYING ON TRACK: ARE YOU FINANCIALLY FIT?

Take the fear of the unknown out of finances, get a clear understanding of the fundamentals that make money work, and things that create frustration and stress, that comes along with confusion about the fundamental laws as it regards financial success. Join **Sandi Stavern** of First Investors a 10 yr veteran in the field of financial planning, as she explains the new financial landscape and what you can do to navigate it comfortably and with confidence.

MERCURY TOXICITY: A TOXIC DUMP THAT'S ALL IN YOUR HEAD

At the end of the day, when a dental office disposes amalgams removed from a person's teeth, they must comply with the EPA's standards for hazardous waste. In this lecture **Dr. Natalie Krasnyansky**, a Roslyn based Holistic Dentist, will share how this precarious substance is contributing to many underlying health conditions by releasing dangerous fumes directly into the bloodstream of the carrier, while creating highly charged electric impulses within dangerous proximity of the brain.

12:00 PM**CHOLESTEROL AND OTHER SYNISTER HITMAN OF THE BOGEYMAN**

Over the last 25 or so years, it has been ingrained in our thinking that cholesterol in our diet is the cause of heart disease, and the 30 second pharma-answer, we see countless of times permeating our favorite TV programs. Attend this lecture, where you will learn some remarkable breakthroughs about cholesterol, and maybe you can learn to live without your bogeyman. **Donald Orofino, MD** graduated Columbia University and Harvard Medical Ctr. For advanced training, he's been practicing for over 40 years.

ACHIEVE ANTI-AGING BENEFITS WITH THE LATEST TECHNOLOGIES

Discover 21st Century tools that can help assure optimal health, natural weight reduction and longevity with cutting edge technology like the Bio-Photonic Scanner, the Galvanic Spa and the My Victory Armband, as well as science based supplementation that support lifelong wellness. Join **Laura Fallon** a Wellness Educator and Anti-Aging Specialist who graduated from LIU/CW Post with a BS in Education and attended Columbia University/Teachers College for graduate studies.

LONGEVITY AND OPTIMAL HEALTH IN A TOXIC WORLD

We grow old, get sick and die years before our time, primarily because we (sometimes unknowingly) abuse our bodies. In addition to the government, food industry and FDA, who I believe, are intertwined in a trillion dollar business to get you and keep you sick. Permit me to share with you some life altering ideas that brought me back from death's door, and helped many of my clients create a strong understanding of what it takes to achieve optimal health in a toxic world. **Howard Kreiss**, Holistic Nutritionist

HEAL YOUR BLEEDING GUMS – SAVE YOUR BEATING HEART

A new study confirms that diseased gums release high levels of anaerobic (without oxygen) bacterial pro-inflammatory components into the blood stream, and can travel to other organs such as the heart. High tech laser technology can remove the bacteria from the mouth and potentially save your heart. Join **Dr. Lana Gordon** who graduated NYU Dental School and has been in practice over 15 years, to learn about how modern advances in dental hygiene can impact your overall health and wellbeing. Bleeding

IS YOUR BOTTLED WATER PLASTIC?

We drink water - in the gym, on the go and when we get there. Since we're made up of some 70% of this life sustaining nutrient, for long term optimal health, the quality of the water we drink has to be the finest available. In this lecture **Stuart Scott** will explain the ingredients, structure and PH of water demanded by thirteen US Presidents, boxing champions such as Joe Louis, Jack Dempsey, Sugar Ray Robinson, Mohammed Ali, as well as Frank Sinatra, Elvis Presley and Mick Jagger to name a few.

HEAL FOOT AND ANKLE PAIN, A HOLISTIC APPROACH

The foot bone ... is connected to the rest of your body, in this lecture **Dr. Robert Kornfeld**, a holistic Podiatrist for over 25 years, will discuss how he approaches treating foot pain by looking at the entire person, as well as the protocols that maximize your body's innate healing ability, by supporting the mechanical, physical and biochemical pathways needed for healing, as well as some of the natural medicine used to achieve that goal.

1:00 PM**HEALING PSORIASIS: THE NATURAL ALTERNATIVE**

Look to the gut for the cause of this and many other autoimmune diseases including arthritis, chronic fatigue, migraine headaches, celiac disease, psoriasis, diabetes, lupus and others. Known as Intestinal Permeability or the Leaky Gut syndrome, turns the immune system against itself. For over 40 years **Bestselling Author Dr. John A.O. Pagano** has helped countless people dealing with this 'incurable' skin affliction to get to the cause of the problem and create almost miraculous healing from the inside out.

THE TRUTH ABOUT BEAUTY: TRANSFORM YOUR LOOKS AND LIFE FROM THE INSIDE OUT

Called "a master of self-transformation" by *SELF* magazine, **Bestselling Author** of the recently updated *The Truth About Beauty*, **Kat James**, will share her inspiring story of transformation and take you beyond the myths of willpower and suffering, to strategies that can truly transform you from the inside out. Based on breaking science, and her nationally acclaimed Total Transformation® programs you'll begin to change your relationship with food and your appearance in a matter of days. Sponsored by Nordic Naturals.

NEVER BE SICK AGAIN: HEALTH IS A CHOICE LEARN HOW TO CHOOSE IT

A revolutionary theory of health and disease that simplifies the equation to the lowest common denominator – each individual cell. If you take care of each cell in your body, disease cannot happen. There are only two causes for disease, toxicity and deficiency. **Bestselling Author Raymond Francis, ND, M.Sc.** whose death was a medical certainty, outlines what he did to regain robust health, as well as the philosophy that opens the road to lifelong wellness. He's a graduate of MIT, a Naturopathic Doctor & an expert in vitamin chemistry.

8 POWERFUL SECRETS TO ANTI-AGING: Look Younger, Feel Stronger, and Live longer!

Rejuvenate your body with Transdermal Liposome natural Bio-hormones, measure your real biological age as well as identify hormone deficiencies with the latest Saliva Hormone Testing Technology. Learn about powerful AntiAging Skincare, New body contouring and Regenerative Natural Health Supplements. **Bestselling Author Dr. Paul Ling Tai** is a Podiatric medical physician and double Board certified surgeon. On Faculty of world renowned A4M/WAAAM, a Professor of AntiAging with 12 Patents to his name.

STOP AGING START TRAINING, LOOK AND FEEL 20 YEARS YOUNGER

Break through the 15 myths of fitness, and unlock your passion for off the charts vitality, strength and a physique you know is in there someplace! **Salvatore Fichera, MS** is the author of “Stop Aging Start Training” he has been studying, practicing and teaching the benefits of proper exercise and nutrition since 1987. His writings have appeared in Cosmopolitan, Fitness Management, the Daily News, and he appeared on CNN and NBC.

KAMASUTRA IN THE KITCHEN, THE ART OF MAKING LIFE

Delicious, nutritionally dense, enzyme rich, fast and simple to prepare meals that create the foundations for vibrant health, clear thinking, beautiful skin and a zest for life and living. Discover the pleasures, beauty and intimacy of gourmet preparation of ... our idea of fast-food! **Dr. Dipti Patel** is a 2002 graduate of Life University in Atlanta, Georgia. She holds a post graduate degree as a digestive specialist from The Loomis Institute of Enzyme Nutrition.

2:00 PM**SECRETS OF INTERCELLULAR HEALTH & CLINICAL APPLICATIONS OF GENETIC GENIUS**

Dr. Bear Walker's earliest training comes from his Grandfather, a full- blooded Anishanabe Elder, who taught Bear the ways of Native Wisdom. Starting at the age of two, Bear's Grandfather showed him the ways of the plants, herbs, stones and traditional wisdom. He studied extensively all areas of Naturopathic Medicines, including Homeopathy, Herbal Medicine and Clinical Nutrition. A Holistic Practitioner for over twenty years, Bear consulted over 50,000 patients, including many top athletes and celebrities.

BREAKTHROUGH APPROACH TO HEALTHY WEIGHT LOSS AND REVERSING HEART DISEASE

Obesity is now the leading cause of cardiovascular disease. Take Shape for Life, an optimal health program that allows people to lose weight quickly and safely, learn Habits of Health and maintain a healthy weight thereby eliminating diseases and medications. Learn how you can create health for you, your patients as well as creating an income (independent of managed care) for your practice with this optimal health program. **Mark J. Nelson, MD**, is Board Certified in Cardiology, Internal Medicine and Masters of Public Health.

BREAKING FREE OF THE STRESS CYCLE

Stress raises cortisol levels in our body, setting off inflammation and creating the foundation for disease. Discover a new way of understanding stress, its effects on our body and mind, and simple tools to "break free" toward a more peaceful, happy and productive life. All stress is just energy and if we have the tools, we can use it to fire up our life rather than burn a hole in our chest. In this lecture, you'll learn hands-on exercises & practical take-away tools. **Dr. Fred Blum**, is founder of StressBusters Wellness in Pt. Washington

LIFESTYLE COACHING: CREATING PROSPERITY IN THE BUSINESS OF WELLNESS

With 'wellness' quickly becoming the fastest growing industry in the United States, this trend is our only hope in curtailing the rapidly growing epidemic of toxicity and resulting obesity. Discover a system that will help you create better health for yourself, while at the same time building prosperity and time freedom as you help others transform their lives. **Bill Constain** is an Elite Trainer in the fields of Lifestyle coaching, Financial Literacy and Nutritional Cleansing, he has impacted over 100,000 lives as a Key Note Speaker.

MILLION DOLLAR SMILE ... BONUS, IT'S OUR IDEA OF AN ECONOMIC STIMULUS

Affordable Cosmetic Procedures to boost your self-image in a difficult economy, discover moderately priced procedures that provide impressive, lasting results, and give you an edge in an environment where a beautiful smile is a big bonus. **Dr. Nikki Bell** is a Cosmetic Dentist, with a Doctor of Dental Surgery degree, she is an attending staff member for Catholic Medial Centers hospital in NYC, where she teaches and presents surgical cases. Dr. Bell practices cosmetic dentistry in Rockville Centre, Freeport and NYC.

“DON'T EAT LIKE A FARM ANIMAL DIET” AND HOW A FARMER MAKES A FAT COW ... FAT

In this eye opening lecture you will learn about some of the meat industry insider practices to fatten its animals, it will become very clear why over 65% of the American population is overweight and lack a feeling of true wellness. Join **John Wood** who spent some 18 years in the standard meat industry, before he founded US Wellness Meats in 1999, a company producing grass fed meat, high in CLA and with more anti-inflammatory Omega 3's than salmon.

3:00 PM**OZONE, THE CLAW OF LIFE**

What do Allergies, Chronic Fatigue, Fibromyalgia, Hepatitis C, Candida, Lyme, HIV/AIDS, and cancer have in common? Since 1885, all around the world, these and many other ailments have been successfully treated with Ozone Therapy. **Dr. Howard Robins** is one of a handful of doctors in the United States exclusively specializing in this powerful technique, he's performed over 85,000 cutting-edge "Direct IV" ozone treatments, achieving impressive results across a wide array of medical conditions.

BREAST CANCER, DON'T FIGHT IT ... PREVENT IT

By the time a mammogram detects breast cancer (with the highest rates in the nation on Long Island) the cancer may have been growing for as long as 10 years. FDA approved Thermography, uses infrared heat to identify physiological (Temperature) changes years in advance, permitting natural protocols to reverse early signs of danger. Join **Moshe Dekel, MD** who is a Board Certified OB-GYN to learn about this, no radiation / no compression diagnostic of the future.

CANDIDA INFESTATION, THE ENERGY STEALING PARASITE OF THE GI TRACT

If you experienced exhaustion, memory problems, frequent headaches, bloating, abdominal pain, digestive problems, PMS or yeast infections, and have been eating the Standard American Diet (SAD), or taken antibiotics - you may be the 90% of the population who developed Candida Albicans in your digestive track. Join **Dr. Sebastian Caliendo**, a Functional Medicine Practitioner with degrees in acupuncture, chiropractic and nutrition, to learn how to recognize if you have it, and how to rid your intestines of this fungus.

DON'T MESS WITH STRESS™ FOR OPTIMAL HEALTH

When the body becomes inflamed because of persistent and improperly processed stress, it creates a fertile environment for many of the modern lifestyle diseases. Join **Jill R. Baron, MD** who will share practical exercises to manage stress for optimal living. Dr. Baron is a board certified physician and a graduate of Princeton University and the Mount Sinai School of Medicine. She practices Primary Care and Holistic Medicine in NYC and is working on a book about Stress. Find her at: www.drjillbaron.com

SUGAR SHOCK: HOW SWEETS AND SIMPLE CARBS CAN DERAILED YOUR LIFE

Over 150 health problems can be credited to the eating of dessert foods and the resulting inflammation, including obesity, diabetes, heart disease, cancer, acne lesions, failing memory, severe PMS, Candida, and sexual dysfunction to name a few. Join **Author Connie Bennett, CHHC.**, who personally experienced the insidious effects of this seemingly harmless treat, as she shows you how to overcome your addiction, and begin reclaiming the ultimate experience of living at the peak of wellness, vitality and life's true pleasure.

THERE'S A FIRE IN YOUR BELLY AND YOU'RE SWATTING AT THE SMOKE

You can't cure indigestion, heartburn, stomach pain, reflux, constipation or irritable bowel, with symptom suppressing substances. Using over 80 custom, plant derived enzymes, we help the body assimilate the nutrients from food, and eliminate digestive trouble at the source. Join **Dr. David Pollack** and **Dr. Matthew Lewis**, of Creating Wellness Center in Commack, who concentrate their practice on the cutting edge science of enzyme replacement nutrition, to learn how to transform your digestion and put out the fire.

4:00 PM**HEAVY METAL TOXICITY DROWNING THE MAN OF STEEL**

Parkinson's, Alzheimer's, MS, Autism, migraine headaches, chronic pain and other neurological diseases have been growing as fast as the overwhelming levels of Arsenic, Aluminum, Mercury and Lead in the tissue of the average person living in today's toxic world. Join **Chris Calapai, DO** a Functional Medicine Practitioner who is Board Certified in Anti-Aging Medicine, on what you can do to identify, and subsequently prevent and reverse this potential and insidious cause.

THE SCIENCE OF OVERCOMING WEIGHT-LOSS RESISTANCE

The overwhelming amount of information about weight loss, even when accurate, may not serve the individual who has hidden food allergies or a digestive infection that prevents their body from reaching its optimal and healthy weight goal, only when those underlying problems are addressed can real weight-loss begin. **Dr. Scott J. Banks**, director of the Banks Wellness Center, is a Chiropractor / Nutritionist who specializes in a balanced educational approach to healthcare and has been in practice for the past 27 years.

THE FORK IN THE ROAD IS STUCK IN MY BRAIN: Removing obstacles on the journey to healing.

Our destiny, is to live life at the very peak of effectiveness, achievement and wellbeing, this becomes possible once we remove the restrictive conditioning, fear of what others may think, doubt of our own abilities and disempowering interpretations of traumatic events. Join **Irene R. Siegel, LCSW** as she shares breakthrough technology, and cutting edge tools that have helped hundreds of people rediscover the magnificent and virtually unlimited ability to tap the power of the mind on their journey to optimal health.

FIBROMYALGIA AND CHRONIC FATIGUE SYNDROME

If you're one of the millions of people living with the chronic pain and discomfort of this life altering disease, and have been frustrated by some of the available options, you will undoubtedly find the effective, holistic health care solutions at this lecture, refreshingly encouraging. Join **Dr. Tara M. O'Brien** who received Clinical Training in Mind/Body Medicine from Harvard Medical School's Department of Continuing Education, graduated from Palmer College and received a BS degree from NYU.

IF YOU'RE GOING TO MICROWAVE YOUR BRAIN, SET IT FOR POPCORN!

Brain cancer is now the 2nd leading cause of death for children in the U.S. High EMF radiation from Cell phone exposure is linked to increased health problems, especially for our kids. Join **Kathy Connors** who passionately educates people on the documented dangers of cell phones, and how to reduce the negative effects of electromagnetic pollution, so you can know how to use modern technology without causing irreparable damage to your mind and body.

WHAT ISN'T CLEAR ABOUT YOUR SHOWER WATER

Aluminum, fluoride, arsenic, pesticides, chlorine, rust, and pharma-drugs found even in trace amounts in the water piped into your bath, can deactivate life sustaining enzymes and impair vital bodily systems, while the evaporating gasses in a hot shower can turn the room into a literal gas chamber. Join **Mark Schmidt**, the owner of Clean Water Service who has been purifying water in homes throughout Long Island for over 22 years, as he shares little known facts about the water in your tap.

5:00 PM**TAKE 10 YEARS OFF YOUR FACE PAINLESSLY**

Discover a non-surgical cosmetic enhancement that tightens the face, jowls, neck, treats acne, rosacea and pores, utilizing break-through ultramodern technology to create tighter, thicker, younger looking skin. **Kelly O'Malley-Mattone, MD** graduated Summa Cum Laude from California State University in 1985 and attended The Mount Sinai School of Medicine. She is the first physician in NY to perform this amazing alternative to facial plastic surgery.

REVERSING COMMON SYMPTOMATOLOGY THROUGH LIVER DETOXIFICATION

Regain energy, feel more mentally focused and alert, decrease or eliminate pain, help restore regular and full elimination of waste from the body, clear the skin, increase flexibility and often reinvigorate the sex drive, simply by clearing the blockages in the main filtration system of the body. Join **Dr. Garry D'Brant** who holds licenses in chiropractic, nutrition, social work, naturopathic medicine and acupuncture, to learn the vital role your liver plays in health and healing.

MIRACULOUS HEALING, RELEASING THE EMOTIONAL OVERLOAD

Like your mind, your body in the cells of its tissue has the ability to remember and accumulate all the stresses and traumas of this fast paced world, potentially becoming a source of many common and chronic health conditions. In this lecture **Dr. Michael Berlin** a holistic practitioner, will discuss how through advanced neurology, nutrition and Network Spinal Analysis (NSA) you can clear out the stress, tension, distortions and traumas to heal your body and your life.

THE BELJANSKI APPROACH TO OPTIMAL HEALTH: Rebuilding the damaged DNA

DNA is the strand that holds the key to life itself. For over 40 years legendary biochemist Mirko Beljanski, Ph.D. of Pasteur Institute in Paris France conducted breakthrough research in the destabilization of the DNA when exposed to pollutants leading to chronic disease, as well as his discovery of plant derived nutrients that can potentially help the DNA repair and invoke the immune response. Join **John Hall, Ph.D.** the head biochemist of the NY based Natural Source International as he explains the development of Beljanski ideas.

REFILL YOUR FOUNTAIN OF YOUTH: Break the aging cycle with bioidentical hormone replacement

Those of us experiencing symptoms, including excessive fatigue, weight gain, decreased libido, anxiety, and depression may benefit from knowing our hormone levels. Derived from plants and chemically modified to achieve the same molecular structure of natural hormones that a younger body once produced freely, bioidentical hormones can help achieve life-changing results. Join **Sergey Kalitenko, MD** a board-certified, anti-aging holistic physician, as he shares remarkable case histories of people transformed by this procedure.

BIOMETABOLIC THERAPY NUTRITIONAL TESTING AND ASSESSMENT SERVICE

An Individualized Anti-aging and Anti-Disease system that deals with biochemical pathways and the transport of nutrients into the cells, not just the absorption from the intestines into the blood stream. People may be eating right and getting plenty of exercise, but if the critical process of transporting nutrients into the cells is not taking place, they're just making expensive urine! Join **John A. Allocca, D.Sc., Ph.D.** a medical research scientist and author of numerous books as he explains the mechanisms of effective nutrition.

6:00 PM KEY NOTE LECTURE**SIX PILLARS OF VIBRANT HEALTH**

Incontestable laws of life that govern great health, vitality, mobility, sharper memory, libido and longevity, for anyone willing to build their life upon them. Join **Richard Linchitz, MD** a graduate of Cornell University Medical College in the Alpha Omega Honor Medical Society, who after his own recovery from cancer dedicated his life to helping people build the foundation for lifelong wellness, while overcoming illness as naturally as possible.

7:00 PM KEY NOTE LECTURE**Carol Alt: EATING IN THE RAW**

Having graced the covers of more than 700 magazines, producing exercise videos that sold in the millions, as well as acting on stage, screen and television - completing some sixty-five films in all, **Carol Alt** became one of the most recognizable names and faces in the world. Ten years ago, her hectic lifestyle of improper eating habits and stress took their toll. Carol, found herself with chronic headaches, sinusitis, and stomach ailments, she was tired and listless. Today she is the poster girl for the power of raw food to transform your energy level, wellbeing and life. Join us as we celebrate the power of your body to achieve optimal health, fabulous fitness and lifelong wellness, with the bestselling author of 'Eating in the Raw.'