

10:00 AM

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 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.

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.

OPTIMAL IMMUNITY AND THE BELJANSKI EVIDENCED-BASED APPROACH

RealBuild® is a unique preparation of RNA fragments that support healthy platelet counts in the blood. Join **John Hall, Ph.D.**, Director of Research at Natural Source International, Ltd. Who'll discuss RealBild® and its encouraging clinical trial at Cancer Treatment Centers of America. This presentation will outline the clinical research concerning RealBuild®, how it was discovered by Professor Beljanski and how it works to increase platelet levels.

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 the stuff, its quality 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.

LOVE OR HATE AND WHAT I ATE, THE POWER OF FOOD TO LIFT YOUR MOOD

Come hear how certain food choices and simple adjustments in your daily routine can allow you to experience a calm that will help you work, feel and live better as well as strengthen your immune system to ward off change of season colds and flu. Join **Meredith Sobel, MS, AADP** a Certified Integrative Health and Wellness Coach, graduate of The Institute for Integrative Nutrition, Harvard University – Graduate School of Public Health and Columbia University – Barnard.

11:00 AM

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 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.

ALTERNATIVE AND INTEGRATIVE CANCER 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 approach that has been used effectively around the world – come hear the science behind these multifaceted, immune building therapies. Join **Jonathan Dashiff, MD** and **Rick Linchitz, MD** for the lecture of your life.

LONGEVITY AND OPTIMUM 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 achieve optimal health. **Howard Kreiss**, Holistic Nutritionist

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.

HEAL YOUR BLEEDING GUMS – SAVE YOUR BEATING HEART

A new study confirms that diseased gums release high levels of 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 overall health and wellbeing.

CURRENT CONCEPTS IN THE DIAGNOSIS AND TREATMENT OF OSTEOPOROSIS

Osteoporosis is a disease characterized by low bone mass leading to fragility and increased fractures of the bone. In this lecture you will learn how to optimize bone health, by getting adequate daily vitamin D and calcium intake, engaging in weight bearing exercise and many other cutting edge approaches that are sure to maximize bone strength. **Sheldon H. Cherry, MD** is Clinical Professor of Obstetrics & Gynecology at the Mount Sinai School of Medicine.

12:00 PM

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) it 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.

HOW CUSTOMIZED NUTRITION CAN CHANGE YOUR LIFE

We know what we like to eat, but do we know what our body needs to live at its very paragon of possibility? What nutrients, minerals, proteins and fats, and how much. In this lecture, **Dr. Lenny Izzo** who has been practicing clinical nutrition for thirty years and is the co-director of the Center Point Wellness Center, will discuss modern breakthroughs that allow for providing nutritional recommendations that perfectly fit your personal puzzle of optimal health.

SLOW AGING - TURBOCHARGE HEALING FROM THE GENETIC LEVEL

Our bodies have the encoded ability to live, to rebuild, repair, and heal as fast and certain as a paper cut, providing the cell factory of our body the tools to build a better and stronger cell, should be our daily goal. Join **Dr. Matthew Lewis**, a graduate of Life University and founder of the Creating Wellness Center, who concentrates his practice on the cutting edge science of enzyme replacement nutrition, to learn how to provide your cells the best building materials possible.

“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.

BREAKING FREE OF THE STRESS CYCLE

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 and practical take-away tools. Join **Dr. Fred Blum**, a Functional Practitioner & founder of StressBusters Wellness.

1:00 PM

FITNESS MADE SIMPLE: CHANGE YOUR BODY CHANGE YOUR LIFE

Fitness expert and media icon **John Basedow**, will share 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 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.

WEIGHT LOSS, THE ALTERNATIVE MEDICINE DEFINITIVE GUIDE

Join **Ellen Kamhi, PhD, RN, The Natural Nurse®** radio/TV personality, and author of 'Weight Loss, The Alternative Medicine Definitive Guide' as she reviews important NEW weight loss concepts, and addresses these questions: Why is 'dieting' NOT the answer to Weight Loss? Coffee Enema and Castor Oil Packs-how do these aid weight control? What role does stress, lack of sleep, and donuts play in weight gain?! As well as many of the foods that help burn fat.

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 and she graduated from Palmer College and received a BS degree from NYU.

DON'T MESS WITH STRESS™ FOR OPTIMAL HEALTH WITH DR. JILL BARON

Join **Jill R. Baron, MD** for a fun and informative lecture about why stress can be harmful to your health and what you can do to manage it. 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 New York City and is working on a book about Stress. Her website is www.drjillbaron.com.

WHAT ISN'T CLEAR ABOUT YOUR SHOWER WATER

Aluminum, fluoride, arsenic, pesticides, chlorine and rust, found even in trace amounts, 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.

2:00 PM

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. **Dr. Scott J. Banks** is the director of the Banks Wellness Center, he is a Chiropractor and Nutritionist who specializes in a balanced educational approach to healthcare and has been in practice for the past 27 years.

CANDIDA INFESTATION, THE ENERGY STEALING PARASITE OF THE GI TRACT

If you experienced 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. 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.

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.

RUNNING FOR THE GOLD IN IRON SNEAKERS

Our destiny, is to live life at the very peak of effectiveness, achievement and experience, this becomes possible once we remove the restrictive conditioning, fear of what others may think, doubt of our own abilities and comfort in the rut, that we at some point began calling home. **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 power that is there in each human soul, just waiting to be released.

WHEN PAIN IS NOT AN OPTION

Pain drains the vitality and enjoyment out of life. You deserve freedom from pain and to feel good again. Find out about getting to the bottom of your symptoms and successfully treating your pain. Hear board certified osteopathic physician, **David A. Gentile, DO, C.Ac.**, discuss an integrated approach to treatment including osteopathy, natural injection therapies, hormonal and nutritional solutions, acupuncture, and easy to apply natural lifestyle considerations.

3:00 PM

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, increase flexibility and often reinvigorate the sex drive. **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.

CLEANSING AND DETOXIFICATION OF THE IMMUNE SYSTEM'S POWER PLANT

In this lecture you will begin to understand why toxicity is increasingly being identified as the predisposing factor in a long list of acute and chronic illnesses, digestive issues, immune breakdown and emotional imbalance. **Join Dan Goldberg, CT, CN** the Founder and director of Optimal Wellness of Long Island, a popular, physician recommended, Center for Cleansing, Detoxification and Rejuvenation therapies like colon hydrotherapy, Infrared Sauna, Ionic Foot Bath etc.

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.

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.

4:00 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.

HEAVY METAL TOXICITY DROWNING THE MAN OF STEEL

Parkinson's, Alzheimer's, MS, Autism, migraine, 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 prevent and reverse this potential and insidious cause.

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. For this enlightening lecture, join **Dr. Howard Robins** who's performed over 85,000 cutting-edge "Direct IV" ozone treatments, achieving impressive results across a wide array of medical conditions.

NUTRITIONAL APPROACH TO COUNTERACT ENVIRONMENTAL TOXINS

DNA is the strand that holds the key to life itself. For over 40 years legendary biochemist Mirko Beljanski, Ph.D. 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. Join **Sylvie Beljanski, CEO** the daughter of the famed scientist, with **John Hall, Ph.D.** the head biochemist of the NY based Natural Source International.

WHAT YOUR TOOTH FAIRY WON'T TELLYOU, AND YOUR DOCTOR DOESN'T KNOW

Air, and your ability to breath it is what makes life possible, stop its flow and life stops. But what happens when the flow of air is restricted, can that affect its ability to flood the body with oxygen, resulting in asthma, sleep apnea, chronic headaches and inflammation? Join **Dr. Micki Gelb**, a Holistic Body Integrated Cranio-Vertebro-Mandibular Dentist, who will explain how misalignment in the 'Mouth Space' can restrict the flow of oxygen, and how to fix this structural problem in children and adults.

5:00 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.

6:00 PM KEY NOTE LECTURE

NATURAL CURES THAT "THEY" DON'T WANT YOU TO KNOW ABOUT

Kevin Trudeau is unquestionably one of the more controversial figures on the natural health and wellness arena, he's a New York Times Bestselling Author who's built a \$2 Billion dollar global empire, he is a convicted felon, and the only person to bring suit against the FTC. Love him or hate him, believe him or not, his impact on the natural industry, bringing it to the forefront of American Consciousness, is unquestionable and undeniable. Kevin's stand against government bureaucracy and multinational corporations is courageous and inspiring, raising a fury of attacks against him. One of the most passionate and powerful speakers, who's been able to amass decade's worth of life enhancing knowledge, that "THEY" don't want you to know about.