

9:00 AM BIG LONG ISLAND MILLION POUND CHALLENGE CEREMONY

Long Island, like the rest of the country, is getting bigger, heavier, or perhaps fatter, to put it bluntly. The fat, along with its aesthetic unsightliness, creates a fertile environment for chronic health issues like diabetes, cancer, heart disease and just about every other illness under the disease spectrum. Join us as we recognize those who achieved their weight-loss goals leading up to the 05.02.10 Navel Wellness Expo.

10:00 AM (NOTE: Every hour there are five lectures in rooms A, B, C, D and E, listed in descending order.)**CHOLESTEROL AND OTHER SINISTER HITMEN 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. This seemingly infallible view has been heavily promoted and exacerbated by the 30-second pharma-answers permeating our favorite TV programs. Join **Donald Orofino, MD**, graduate of Columbia University and Harvard Medical Center, for advanced training as he reexamines the causes of heart disease, and shares notable breakthroughs in the vital role cholesterol plays in optimal hormone function and longevity.

HOLISTIC ALLERGY ELIMINATION TECHNIQUE

Combining a number of healing disciplines, including Acupuncture, Chiropractic and Kinesiology, NAET is a holistic technique proven to eliminate allergies and reverse allergy conditions such as Autism / ADD / PDD, Asthma, Eczema, Psoriasis, Chronic Fatigue, Irritable Bowel and Colitis, to name a few, in a safe, effective and potentially permanent manner. Join **Dr. Susan Cunningham** and **Dr. Cecilia Yee**, chiropractors for over 16 years who have been featured on News12 numerous times highlighting the many patients helped by NAET.

IS YOUR BOTTLED WATER PLASTIC: The Making of the Finest Drinking Water on Earth took 3,500 years

We drink water - in the gym, in the car and just about anywhere we go. 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 like Joe Louis, Jack Dempsey, Sugar Ray Robinson and Mohammed Ali, as well as Frank Sinatra, Elvis Presley and Mick Jagger, to name a few.

MAKING HAPPY: Naturopathic Approaches to Anxiety and Depression

In today's stressful environment, it's difficult not to be anxious, many people resort to chemicals, alcohol and prescription drugs trying to numb the pain of foreboding. In many cases however, it may be a deficiency in our body, resulting in the altered state. Join **Dr. Peter Bongiorno**, naturopathic doctor and acupuncturist from InnerSource Health, as he highlights the contents of his new book, on combining proven naturopathic therapies, nutrients, herbs, acupuncture, and lifestyle strategies to safely avoid or wean off medications, and heighten your natural desire for optimistic hopefulness, and joy de vivre.

THE NATURAL GUIDE TO GREAT SEX: Improve Your Love Life with Natural Alternatives to HRT and Viagra

Common mistakes people make that lead to sexual malfunction and loss of libido in the prime of their life, and what you can do to create the biochemical, nutritional and mental foundation to keep you swinging and passionate well into your most senior years. The Natural Nurse®, **Ellen Kamhi, PhD, RN**, has been involved in Natural Medicine since 1973. She published numerous books, including *The Natural Guide to Great Sex*, consults major nutraceutical manufacturers on formulation, and attended Rutgers and Cornell Universities.

11:00 AM**CANCER: Alternative and Integrative Therapies**

The focus of western 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 so as to engage the body in all its healing potential. Join **Jonathan Dashiff, MD** and **Rick Linchitz, MD**, a 10-year survivor of 'alveolar carcinoma' lung cancer, and one of about 50 doctors in the world certified in IPT, to discover alternative treatments from around the planet.

TAKE 10 YEARS OFF YOUR FACE PAINLESSLY

Discover a non-surgical cosmetic enhancement that tightens the face, jowls and neck and treats acne, rosacea and pores, all by utilizing breakthrough, 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.

OZONE: The Claw of Life

What do Allergies, Chronic Fatigue, Fibromyalgia, Hepatitis C, Candida, Lyme and HIV/AIDS 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.

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, mineral deficiencies or a digestive infection that prevents his or her body from reaching its optimal and healthy weight goal. Only when those underlying problems are addressed can real weight-loss begin. Join **Dr. Scott J. Banks**, a Chiropractor/Nutritionist, in practice for 27 years, specializing in addressing the causes of mal-absorption, inflammation and overcoming weight loss resistance.

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, along with 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

12:00 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 and lupus. Known as Intestinal Permeability, or the Leaky Gut syndrome, it 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 get to the cause of the problem and create almost miraculous healing from the inside out.

REVERSING DIABETES FOREVER: Seven Steps to Healthy Blood Sugar

A growing segment of our population will have to deal with the frightening prospects of this sinister disease, many will be blindsided without any advance warning. With new studies implicating diabetes in high blood pressure, Alzheimer's and stroke, prevention becomes key. Join **Chris Calapai, DO**, the Author of a new book "Reversing Diabetes Forever", who is Board Certified in Anti-Aging Medicine as well as Family Medicine and Chelation Therapy, to learn how you can make a personal impact on the sad statistics.

NO GRAIN, NO PAIN: Identifying the Inflammatory Reaction to Gluten

When the body detects something it perceives as an invader, whether it's a virus or a splinter, it begins to create an environment that attempts to isolate and neutralize the perceived danger. The structure of gluten, a protein found in wheat, rye, barley and envelope glue, is virtually identical to that of a virus. Join **Jonathan Dashiff, MD** a functional medicine practitioner, as he explains how to assess genetic susceptibility, and specific nutrients to reverse the multiple symptoms resulting from gluten intolerance.

MERCURY TOXICITY: A Toxic Dump That's All In Your Head

When a dental office disposes mercury amalgams removed from a person's teeth, they must comply with EPA's standards for hazardous waste. Bypassing the blood-brain barrier, this insidious toxin has been implicated in everything from Alzheimer's to neurological and gastrointestinal problems. In this lecture, **Dr. Natalie Krasnyansky**, a Roslyn-based Holistic Dentist, will explain the standards for removing this precarious substance safely, and the protocols of bio-compatible dentistry for optimal wellness.

KAMASUTRA IN THE KITCHEN: The Art of Making Life

Discover delicious, nutritionally dense, enzyme-rich, fast and simple ways 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! **Marilyn Chiarello** is an educator, coach and raw food chef with certification from Alissa Cohen, and training in raw food preparation with world renowned Cherie Soria, founder of the Living Light Raw Foods Culinary School in Fort Bragg, California.

1:00 PM**THE TRUTH ABOUT BEAUTY: Free Yourself from Cravings and Compulsions**

Called "a master of self-transformation" by *SELF* magazine, **Bestselling Author** of the 2009 Silver Nautilus Award-winning book, *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. Using 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. WIN Kat's Total Transformation program, a \$2600 value, visit booth 119 to register and meet Kat James.

VITAMINS: Inferior Ingredients That Can Do Harm

Supplements are important to good health, but how do we know that the ones we choose are effective or even safe? Learn commonly used fillers and the cheapest forms of ingredients used, so you can quickly identify the best quality supplements. The Natural Nurse®, **Ellen Kamhi, PhD, RN**, has been involved in Natural Medicine since 1973, consults major nutraceutical manufacturers on formulation and published numerous books, including *The Alternative Medicine Definitive Guide*, and attended Rutgers and Cornell Universities.

ALLERGIC TO MYSELF: The Things We Unknowingly Do to Turn Our Immune System Against Us

Autoimmune disease affects about 72 million Americans, causing conditions such as rheumatoid arthritis, lupus, Celiac disease, Crohn's disease, ulcerative colitis, thyroiditis, multiple sclerosis, and is the third leading cause of death. Join **Dr. Joseph Debe**, a Board Certified Nutritionist who will answer questions like: What causes autoimmunity? Why do 75% of cases occur in women? Learn about powerful natural treatments that can improve and even reverse autoimmune disease without causing major side effects.

WOMEN'S SYMMETRY: Calming the Hormonal Beast

Discover natural approaches to relieve many of the symptoms of hormonal imbalance, frequently experienced from teens through forties, resulting in common conditions such as PMS, polycystic ovarian syndrome and infertility. Join Naturopathic Doctor and Licensed Acupuncturist, **Dr. Pina LoGiudice** of InnerSource Health, as she explains how supplements, nutrition and bio-identical therapy, used by cultures around the world, can naturally help create a chemical balance for joy, confidence, weight loss and optimal well being.

FROM DIGESTION TO CELLULAR ASSIMILATION: Nutritional and Biometabolic Analysis

Breakthrough “Nutritional Analysis – Home Testing” and the more advanced “Whole Body Biometabolic Analysis” will show you how to produce an individualized step-by-step plan, geared towards identifying blockages in your body’s need to facilitate the appropriate changes for chronic conditions, including migraine, depression, hormone malfunction, and slowed transport of nutrients from the blood stream into the cells. Join **John A. Allocca, D.Sc., Ph.D.**, a medical research scientist and author of numerous books, as he shares powerful diagnostic approaches to healing.

2:00 PM**THE LOVE RESPONSE: Discover Your Own Natural Ability to Heal**

In the course of her clinical practice and teaching career at Beth Israel Deaconess Medical Center, Harvard Medical School, Tufts Medical School, and now at the Benson Henry Institute for Mind/Body Medicine at the Massachusetts General Hospital, Dr. Selhub found that a key factor for health is Love. Love sets off a set of physiological events in the body that help you to adapt to life’s challenges, to stop and reverse disease, to maintain health, and to make it easier for your body to improve rather than deteriorate with age. Join **Eva M. Selhub, MD** as she shares her prescription for love, **The Love Response**®

LIVING PAST 120 YEARS: Secrets of Intercellular Health and Clinical Applications of Genetic Genius

Dr. Bear Walker’s earliest training came 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.

IS IT HOT IN HERE, OR IS IT JUST ME: What’s Cool About Menopause

As a woman I had to deal with the discomfort, as a doctor I had to find the answer. Life’s journey is replete with changes and seasons, each with its own magic and significance; this is a time when a woman can enjoy life at a whole new level ... if it wasn’t for the darn heat! Join **Roxanne Carfora, DO** who is board certified in Anti-Aging Medicine, as she shares natural approaches that will help make your journey on the bridge over the volcano, into the land of wisdom and beauty, much more comfortable, perhaps even fun.

30 MINUTES TO WEIGHT LOSS: You have to fail to succeed!

Discover the weight-loss benefits of a full body, one on one, half hour strength training workout to muscle failure, called Super-Slow, combined with nutritional coaching, this common sense approach helped thousands achieve the fitness levels of their lives. Join **Donna Cole, MS** a 25 year veteran of the Personal Training Institute (PTI), with a master’s degree in exercise physiology, and a passion for seeing couch potatoes become avid exercisers, eating healthier and losing weight, sleeping better, standing taller, off their meds, smiling and confident!

WATER: What do you have on tap?

Heavy metals, pharmaceuticals, pesticides, herbicides and thousands of toxic chemicals are routinely found in our tap, shower and bottled water. Many bio-accumulate over time to toxic levels causing chronic health effects long after repeated exposure. Regulation of contaminants are based on "acceptable risk" not safety. Join **Mark Schmidt**, a Certified Water Treatment Specialist with 25 years experience, will explain Long Island water’s environment and journey from rain to faucet, and how you can turn your tap into a source of pure, healthful water for you and your family. Bring some water from home to have it tested.

3:00 PM**EMPOWERED NUTRITION: Overcoming Our Resistances and Aligning with Our True Goals**

How many times have you asked yourself, why can’t I keep myself on track with the healthy lifestyle that I truly desire? Join **Dr. Marla Friedman**, a Ph.D. in psychology, a NYS-licensed Clinical Mental Health Counselor, a Certified Clinical Nutritionist, and an Advanced Fellow and Board Certified in Anti-Aging and Functional Medicine, to discover how the combined power of psychology, nutrition and spiritual inspiration will help you create empowered life changes, a feeling of accomplishment and lasting wellness.

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 has changed the bodies and lives of thousands of people.

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BREAKING FREE OF THE STRESS CYCLE: Recalibrating the Nervous System for a Stronger Healing Response

Stress is just energy, that when properly used can help us fire up our life, rather than burn a hole in our chest. When chronic, stress raises cortisol levels in our body, setting off inflammation and creating the platform for physical and emotional dis-ease. 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. Join **Dr. Fred Blum**, one of handful of practitioners world-wide with level 3 certification in NSA care and founder of StressBusters Wellness in Pt Washington, to learn hands-on approaches to defusing your stress.

RUNNING ON EMPTY: Identifying and Reversing the Many Symptoms of Hormone Depletion

Hormones power the body, your body. From testosterone to estrogen, each has an important duty to perform in our healthy function. As we age, we exhaust this finite life-fuel and can literally feel like we're running on empty, manifesting low energy, loss of muscle tissue, lack of libido and interest in life itself. Join **Moshe Dekel, MD** a functional medicine practitioner with a focus on restoring optimal function through lifestyle modification, preventive medicine, supplementation and bio-identical hormone therapy.

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, and find out what you can do to identify, and subsequently prevent and reverse, this potential and insidious cause.

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 well-being. 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.

DETOXIFYING AND ALKALIZING YOUR BODY'S PH FOR OPTIMAL HEALING

Change your water (the ingredient that makes up 70% of the human body), change your life. By creating an alkaline environment in your body through the power of Chanson 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** will discuss the work of Nobel Prize recipient Otto Warburg, who discovered that disease cannot survive in an alkaline environment, yet thrives in acidity.

VIBRATIONAL HEALING: The Power to Manifest Health, Efficacy and Abundance

Quantum Physics says that our bodies are not as solid as they seem to the naked eye, but instead are made up of vibrating atoms that are influenced by what we say, eat and think as well as the emotions that we permit to occupy our daily lives. For over 40 years **Dr. Sebastian Caliendo**, a Functional Medicine Practitioner with degrees in acupuncture, chiropractic and nutrition, has used many different approaches to bring optimal wellness to his patients, in this lecture he'll discuss and teach how to tap what he believes to be one of the most effective and powerful.

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 find out how to reduce the negative effects of electromagnetic pollution, so you can use modern technology without causing irreparable damage to your mind and body.

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

Discover a non-surgical cosmetic enhancement that tightens the face, jowls and neck and treats acne, rosacea and pores, all by utilizing breakthrough, 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.

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, and learn about the vital role your liver plays in health and healing.

OZONE: The Claw of Life

What do Allergies, Chronic Fatigue, Fibromyalgia, Hepatitis C, Candida, Lyme and HIV/AIDS 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.

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.

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.

6:00 PM KEYNOTE LECTURE**SIX PILLARS OF VIBRANT HEALTH: Transforming the Biological Terrain to Prevent and Treat Cancer**

We were designed to be well, great health is our birthright, yet somewhere along the way our society has become plagued with everything from colds to cancer. While most theories to healthcare suggest that just because you don't have symptoms, you are well, nothing can be further from the truth. Discover the incontestable laws of life that govern great health, vitality, mobility, sharper memory, libido and longevity, as we examine the secrets of civilizations known for their robust health, fitness, buoyancy and agelessness. 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 KEYNOTE LECTURE**DETOX YOUR WORLD, DIET, BODY AND LIFE**

Deirdre Imus, philanthropist and author of four books, including three national bestsellers, is one of the nation's most influential leaders in environmental health. As Founder and President of The Deirdre Imus Environmental Center for Pediatric Oncology® at Hackensack University Medical Center, a 501(c)(3) not-for-profit, Deirdre works on many levels to help reduce toxins in our environment. Having worked with numerous hospitals and schools, she has helped green hundreds of institutions across the country. Deirdre developed the award-winning Greening the Cleaning® program which eliminates all cleaning agents containing hazardous ingredients and replaces them with environmentally responsible ingredients with the least level of toxicity. In addition to her work at the Environmental Center, Deirdre and her husband Don are Co-Founders and Co-Directors of the Imus Cattle Ranch for Kids with Cancer®, a working cattle ranch in New Mexico that provides the experience of the great American cowboy to children suffering from cancer and various blood diseases. Join Deirdre as she teaches us easy and effective ways to live healthy.