

9:00 AM MORNING KEYNOTE LECTURE IN ROOM A**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 bodytransforming 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.

10:00 AM (NOTE: Each hour there are six lectures in rooms A, B, C, D, E, F, listed in descending order.)**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.

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. And this misinformation has only been exacerbated by the 30-second pharma-answers that incessantly permeate our favorite TV programs. Join **Donald Orofino, MD**, graduate of Columbia University and Harvard Medical Center, for advanced training as he shares the true causes of heart disease, the notable breakthroughs about cholesterol, and its vital role in optimal hormone function and longevity.

SIRTUINS: Won't Let Your Heart Get Broken

Recent discovery of a class of enzymes that affect cellular metabolism, support vascular integrity while providing raw materials for a champion's heart, and the protocols used by some of America's greatest healers. Join **Michael Antonelli, NTP**, a Nutritional Therapist Practitioner, as he shares the latest scientific breakthroughs from Biotics Research, a leading manufacturer of a professional line of nutraceuticals available only through licensed practitioners who rely on Michael for the latest information.

FERTILITY: Naturopathic Doctors Do It with Spice

Exciting, emergent research shows that excellent pre-conceptive health in the mother can stave off chronic disease in her unborn child. Assessing and addressing digestive health, psychological stress, and toxicity will help prepare your body for the great nutritional demands of pregnancy prior to conception. Optimal fertility using botanical medicines, acupuncture and antioxidants will also be explained. **Dr. Pina LoGiudice**, from InnerSource Natural Health in Huntington, is a naturopathic doctor, acupuncturist and mother. Her specialty is in fertility, pregnancy and post-natal care.

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 **Dr. Steve Nenner, NMD, ND, CDN**, a licensed naturopathic physician and certified nutritionist, as he discusses homeopathy, herbs and specific nutrients to reverse painful symptoms resulting from gluten intolerance.

EAR INFECTION: The Real Causes and the Secrets to Helping Your Child Heal Naturally

Before trying antibiotics or drastic surgery, consider a technique found to be 80% effective in restoring alignment to the body and mobilizing drainage of the fluid buildup in a child's ear, engaging its own ability to heal by addressing the cause of the infection while strengthening the immune system. Join **Neil Koppel, DC, L.Ac.**, a Board-Certified Chiropractor and Acupuncturist, certified in Manipulation Under Anesthesia (MUA), with an office in Lake Success, as he explains the science and shares successful case studies.

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-year survivor of 'alveolar 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 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, 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.

IT TAKES THREE TO MAKE A BETTER BABY!

Discover groundbreaking concepts of **Preconception Health Care**, a system utilizing the restorative powers of nutritional therapy, detoxification and healthier lifestyle practices to balance and prepare the **female and male** bodies to create a BETTER baby! Join **Caroline Barringer**, a Fertility Enhancement Specialist, Board-Certified Nutritional Therapist, NTA Lead Instructor and Board of Directors Member, author, international speaker, and creator of the Birth Renaissance Program, to learn more about Preconception Health Care and its positive impacts on fertility, conception, pregnancy, birth and the health of future generations.

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.

FROM TIRED TO TERRIFIC: Rebuilding the Energy-Producing Power of the Mitochondria

Cells make up tissues. Tissues make up organs. Organs make up systems, and systems make up the body. Healthy cells give rise to a healthy body, while the cells of the body act like batteries in a flashlight, the greater the free radical stress on the cells (batteries), the weaker the energy (light) becomes. NT Factor[®] has been clinically proven to repair cell membranes, reduce fatigue and improve quality of life. Join **John Casey**, CEO of Nutritional Therapeutics, as he shares how NT Factor[®] renews health at the cellular level.

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.

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. Kat’s keynote and top-notch giveaways she’ll present are sponsored by Herbalix Restoratives, Salba, and Spa Technologies. Visit booth 119 to meet Kat James.

PLATELET-RICH PLASMA THERAPY: Use Your Own Blood to Heal and Grow Tissue

With an impressive antibacterial effect, this technique, which has become popular because of its use on high-profile athletes and their injuries, has been shown to improve healing in any of the joints, cartilage, muscle, ligaments and tendons. 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 heal persistent injuries by focusing your body’s own mechanisms for restoring optimal function.

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 well-being.

IS YOUR BOTTLED WATER PLASTIC: Identifying the Source of the Finest Drinking Water

We drink water - in the gym, on the go and just about anywhere. 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 and 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.

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

1:00 PM**THE V-PROTOCOL: Prevent and Reverse Heart Disease & Diabetes + New Miracle Weight Loss Cure**

As a heart, lung and blood vessel surgeon who operated on thousands of patients over 25 years, this ex-US Army Lieutenant Colonel saw firsthand the devastation caused by neglect, ignorance and poor lifestyle choices. Learn more with **Frederic J. Vagnini, MD**, who focused his entire practice on building the foundations for optimal wellness using Preventive Medicine, Clinical Nutrition and Health Education via his weekly radio show on WOR 710 AM, high profile lectures and having hosted a national health show on Fox Television.

MUSHROOM-DERIVED SUPPLEMENTS: For Glandular, Immune and Nervous System Support

As one of the very first organisms on the planet, dating back 1.3 billion years, the humble mushroom has been found to have naturally occurring antibiotics, as well as readily absorbable vitamins and minerals, and has been tested for numerous health benefits, from cancer to Alzheimer’s. Join **Michael B. Schachter, MD**, a magna cum laude graduate of Columbia Medical College, with over 35 years experience in complementary and alternative medicine, for an insightful talk about his experience in using certain medicinal mushrooms for the benefit of his many patients.

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 and practical take-away tools. **Dr. Fred Blum** is founder of StressBusters Wellness in Port Washington

ADULTS ONLY: Maintain Your Mojo as you Age

Find out 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. Join **Luanne Pennesi, RN, MS**, a registered nurse for some 30 years, practicing in both conventional and integrative medicine, for a life-altering message about this intimate subject filled with a sense of fun, wrapped in appropriate humor, and gently stuffed with science.

THE BELJANSKI APPROACH TO OPTIMAL HEALTH: REBUILDING 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 DNA when exposed to pollutants leading to chronic disease. He also discovered plant-derived nutrients that can potentially help the DNA repair and invoke the immune response. Join **John Hall, Ph.D.**, head biochemist of the NY-based Natural Source International, as he explains the development of Beljanski's ideas.

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.

2:00 PM**RAW AND LIVING FOODS REVERSE AGING & HEAL DISEASE!**

Raw and Living Foods are known for their healing properties, but did you know that they also reverse aging, making a person look and feel more youthful, vibrant and energetic? In 1999, **Brenda Cobb** healed breast and cervical cancer without surgery, chemo or radiation, and her gray hair turned black, skin improved, mental clarity heightened, and bone density, strength and stamina increased, and she gained an overall sense of well-being. Discover a new world of gourmet, living food preparation at this fun lecture.

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 his or her 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.

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.

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? Uncover commonly used fillers and the cheapest forms of ingredients used and you'll be supplement savvy. The Natural Nurse®, **Ellen Kamhi, PhD, RN**, has been involved in Natural Medicine since 1973. She has published numerous books, including *The Alternative Medicine Definitive Guide*, and attended Rutgers and Cornell Universities. She consults major nutraceutical manufacturers on formulation.

WATER: What do you have on tap?

Heavy metals, pharmaceuticals, pesticides, herbicides and thousands of toxic chemicals are routinely found in 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. **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.

THE "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's insider practices to fatten its animals, and 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 that produces grass-fed meat high in CLA and with more anti-inflammatory omega-3 fatty acids than salmon.

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 and lasting wellness.

DEAD DOCTORS DON'T LIE: The Search for Wellness in the Longest-Lived Societies in the World

The average lifespan of Allopathic Medical Doctors is just 58.5 years. So if we wish to live to a ripe old age of 100, having none of the modern diseases of aging, why then do we go to them for advice? Join **Dr. Joel D. Wallach**, a veterinarian and naturopathic physician, who became nationally known through his widely distributed audio tape, "Dead Doctors Don't Lie," to learn the secrets of wellness and longevity from his study of some of the longest-lived people in the world.

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, which has helped thousands achieve the fitness levels of their lives. **Jessica Swanson** is currently working towards a master's degree in exercise physiology. She is an avid runner and tri-athlete completing her second IRONMAN and the national director of training and development for Personal Training Institute (PTI), where she is responsible for overseeing the certification of personal fitness trainers at PTI's 18 locations.

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 the EPA's standards for hazardous waste. In this lecture, **Dr. Natalie Krasnyansky**, a Roslyn-based Holistic Dentist, will explain the protocols for removing this precarious substance safely, as well as how it contributes to many underlying health conditions by releasing dangerous fumes directly into the bloodstream, while creating highly charged electric impulses within dangerous proximity of the brain.

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 one of the most powerful techniques.

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 of the financial planning field, as she explains the new financial landscape and what you can do to navigate it comfortably and with confidence.

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.

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.

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.

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, time and 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 Keynote Speaker.

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 at 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 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.

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.

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.

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 needed to heal your body and your life.

SAFE AND EFFECTIVE DETOXIFICATION THE NATURAL WAY

The study of how environmental toxins destabilize our DNA and permit diseases like cancer, autoimmune and Alzheimer's to thrive began in the 1960s with research scientists like French biochemist Mirko Beljanski, Ph.D., who brought to light the fact that pollution permeating our bodies is damaging our DNA. Join **Sylvie Beljanski**, President of Natural Source International, as she shares the protocols resulting from her father's lifetime of research at the Pasteur Institute in Paris, France that have shown to reverse many of today's environmental diseases.

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

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

7:00 PM PANEL: LONGEVITY, BEAUTY AND LIFELONG WELLNESS

An open forum between the NAVEL Expo guests and some of the most remarkable, wellness oriented healers in America: Dr. Richard Linchitz, Dr. Christopher Calapai, Dr. Bear Walker, Dr. Kelly O'Malley Mattone, Dr. Frederic Vagnini, and Dr. Joe Wallach.