

**9:00 AM GENE SCALA LONGEVITY PANEL: Focusing on the Protocols for Youthful, Ageless, and Vibrant Living**

He is your average Long Islander. Well, sort of. After retiring from Gene's Beauty Shop where he worked as a beautician and tailor, Gene now spends his time bowling and playing the sax. The only difference, and what makes him extra special, is that on August 21<sup>st</sup> of 2011, Gene celebrated his 106<sup>th</sup> birthday! Join our panel of professionals: **Chris Calapai, DO**, author of *Top Ten Supplements You Can't Live Without*, **Mitchell Kurk, MD, DO**, author of *Prescription for a Long Life—Essential Remedies for Longevity*, and **Garry D'Brant, DC, ND, LCSW** as we examine the secrets of local centenarians and refocus our goal from simply *not being sick* to becoming virtually impervious to disease, and perhaps even enjoying some soul-moving sax way into our vibrant 100s!

**10:00 AM (NOTE: Every hour there are 6 lectures in rooms A, B, C, D, E and F listed in descending order.)****ATTENTION PLEASE: Natural Approaches to Reversing ADD and ADHD in Children and Adults**

Historically, ADD and ADHD have been treated with standard medications that work for some children, some of the time. Only recently, by finding the cause with simple urine and blood tests and treating it directly without many of the negative and toxic side effects that older treatments were packaged with, we can improve a child's chance for a full, successful, and happy life. **Vivian DeNise, DO**, is a functional medicine practitioner from Rockville Centre, NY who has practiced holistic pediatrics on Long Island for 21 years.

**STORMY WATERS: The Role Our Environment Plays in Obesity, Skin Problems, and Chronic Disease**

After many years of working with patients, it has become painfully clear how unchecked environmental factors are interacting with our bodies, clogging our ability to process the overwhelming burden of toxins that find entry through numerous channels. **Dr. Roy Speiser** is a water quality specialist and health care practitioner with 35 years of experience on environmental health issues. He has published numerous scientific articles and developed personal protection products geared toward safeguarding our health.

**PRESCRIPTION FOR A LONG LIFE: Essential Remedies for Longevity**

Life is too short, and it goes by too fast. We've heard many of the wiser among us utter these truths on numerous occasions. **Mitchell Kurk, MD, DO**, who co-authored a book with the same title as this lecture, has identified the many factors that help sustain optimal function and longevity, for his readers and patients by addressing minerals, vitamins, and super free-radical fighters, as well as highlighting what we unknowingly do to accelerate aging factors and inadvertently shorten the length and diminish the quality of our lives.

**LIJ: Turning the Disease Mecca Into a Shining City of Wellness, Longevity, and Lasting Beauty**

With a belief in prevention and a focus on wellness, you would not expect to find this doctor at the North Shore – LIJ, an institution designed to treat disease via surgery, drugs, and everything allopathic. Join **Neeta Shah, MD, FACP**, Assistant Professor of Medicine, Hofstra North Shore-LIJ School of Medicine, and Adjunct Clinical Associate Professor of Medicine, NY College of Osteopathic Medicine, as she explains how our largest institutions are embracing your well-being and setting up structures to enhance it.

**OSTEOPATHY: How This Philosophy to Medicine Can Change Our Care and Your Health**

There is almost nothing that distinguishes the training of an MD and DO. In fact, they are looked at as one and the same in all 50 states, but it's one very distinguishing difference that can be the answer to your medical and musculoskeletal problems. Join **Alexis Hugelmeyer, DO**, attending physician at Southampton Hospital and owner of a private practice in Riverhead, as she shares holistic approaches to many common systemic health challenges that find reprieve in this cause-focused profession.

**YOU'RE GETTING VERY SLEEPY: Dental Solutions for Sleep Apnea and Snoring**

Most of us know when we've had a good night's sleep. We think clearly, we have lots of energy, our patience has plenty of buffers to handle the day's frustrations, and we are not nearly as needy for another cup of coffee or sugary donut. Join **Dr. Pankaj P. Singh**, Associate Professor in the International Dental Program Department at NYU College of Dentistry, as he explains the correlation between high blood pressure, increased risk for heart attacks, stroke, memory loss, diabetes, impotence and depression, as well as the technology he helped create that can restore your body's most important healing activity: sleep!

**11:00 AM****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, and many will be blindsided without any advance warning. With new studies implicating diabetes in high blood pressure, Alzheimer's, and strokes, prevention is 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 these sad statistics.

**LOSE 14 POUNDS IN 14 DAYS: The Long Island Weight Loss Miracle**

Featured in a recent Woman's World Magazine, reaching millions of readers around the nation, this multifaceted approach has helped many of his patients drop anywhere from 10 to 200 pounds, by adhering to an eating plan, following a supplement protocol, and utilizing the Xiser burst training regimen, a program that supports our body's natural desire to reach for its most optimal weight. Join **Dr. Garry D'Brant**, who holds licenses in chiropractic, nutrition, social work, naturopathic medicine, and acupuncture, and learn how to lose 14 pounds in 14 days.

**CANDIDA ALBICANS: Reversing the Disease That Does Not Exist**

Some estimates claim that as much as 90% of the US population may be suffering with the symptoms of a microscopic yeast overgrowth, resulting in everything from asthma, acne and allergies to chronic fatigue, eczema, and weight gain. Join **Dr. Howard Robins**, who is considered to be the foremost clinical expert in North America on bio-oxidative therapies, as he explains how to know if you have a yeast overgrowth, and what you can do to free yourself from this parasite using nontoxic methods, safely clearing the gut and blood of this unfriendly pest.

**CHOLESTEROL: The Role It Plays in Healing, Hair, and Hormones**

An essential element to all animal life, this remarkable ingredient, responsible for everything from the creation of cell membranes to different hormones, has been given a bad rep and made out to be a villain in many of our chronic conditions. Join **Dr. David Pollack** as he explains what cholesterol is, its many duties in keeping our cells functioning well, and how modern misconceptions and attacks have undermined our long-term health and left us in a state of confusion as to what is actually good for us, and what is not.

**SUBLINGUAL IMMUNOTHERAPY: Eating the Forbidden Foods You Love...Again!**

Most of the population is dealing with chronic conditions resulting from food sensitivities. Foods like eggs, milk, and wheat are high on the list of those causing allergies, asthma and chronic sinusitis to name a few. Join **Natalie Cher, DO**, a fellow in anti-aging, regenerative, and functional medicine, as she explains how to address the underlying drivers to allergy-causing substances with the La Crosse Method. It will help desensitize your reaction and elevate chronic conditions stemming from your body's inability to distinguish your favorite breakfast from a fatal virus.

**HEALING UNDER PRESSURE: Using Hyperbaric Therapy to Oxidize the Body and Enhance Cellular Function**

Hyperbaric oxygen therapy is the use of prescribed high-pressure oxygen to treat a variety of health conditions and diseases. Saturating the blood and enabling the oxygen to be dissolved into the hard-to-reach plasma, lymph, and cerebrospinal fluids surrounding the brain and spinal cord to more easily carry the increased oxygen to affected and damaged areas of the body at up to 20 times the normal concentration, thus providing a greater opportunity for healing. Join **Henry Prince, MD**, who has been practicing medicine on Long Island for over 30 years and is accredited to practice HBO Therapy.

**12:00 PM****CANCER: Alternative and Integrative Therapies from Around the World**

When it comes to cancer, the focus of western medicine is to cut, burn or poison the body with the hopes of killing the disease before the "cure" kills the patient. In sharp contrast, 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 in order to engage the body in all its healing potential. Join **Richard Sollazzo, MD**, a board-certified medical oncologist, and **Richard Linchitz, MD**, a 13-year survivor of alveolar carcinoma lung cancer and one of about 50 doctors in the world certified in IPT, to discover alternative cancer treatments practiced around the planet.

**DEFINING MOMENT: Sculpting Your Life, Habits, Image, and Body with the Mojo Coach**

Generate more power in the moment, achieve the things in your life that are important to you, find the motivation to move forward in the direction of your dreams and learn the fundamentals of effective exercise and nutrition. Join **Debi Silber, MS, RD, WHC**, a certified personal trainer and registered dietician with a Master's degree in nutrition, motivational speaker, Whole Health Coach and author of A Pocket full of Mojo and The Lifestyle Fitness Program, as she fills the room with her energy, and you with inspiration.

**INCREASE YOUR ENERGY 400%: Access Boundless Vigor by Tuning the Organs Responsible for Its Creation**

Are you powered by jet fuel or feeling run down and lethargic? Do you awake feeling rested, or are you like most of us who can't fathom opening our eyes fully until we've had at least 3 cups of some artificial stimulant? Join **Dr. Matthew Lewis** for an interactive presentation as he explains and demonstrates how a proper examination can be used to identify functional enzyme deficiencies and the nutritional status of the organs responsible for energy creation, digestion, detoxification and hormonal balance, including: the kidneys, liver, gallbladder, pancreas, stomach, intestines, colon, thyroid, and adrenal glands.

**SKIN WISDOM: Show Off Your Living Experience in Your Space Not on Your Face**

Add to the bank account of youthfulness through natural approaches designed to achieve and maintain a luminous, glowing complexion. Discover the importance of caring for your skin from a young age, and how to prevent signs of aging before they occur. Join **Michelle Kelly**, a NY licensed aesthetician, whose many years of skin problems motivated her to complete the Gloria Francis School of Esthetics & Makeup Artistry, as well as post-graduate courses at Atelier Esthetique & The Dermal Institute, as she shares the latest techniques and products to help keep your reflection smiling, happy and looking its very best.

**WOMEN'S SYMMETRY: Calming the Hormonal Beast**

An eclectic array of natural approaches can help you relieve the symptoms of hormonal imbalance, experienced from your teen years through your forties, resulting in common conditions like PMS, polycystic ovarian syndrome and infertility. Join **Dr. Pina LoGiudice**, naturopathic doctor, licensed acupuncturist and recent guest expert on Dr. Oz and Fox News, as she explains how supplements, nutrition and bio-identical therapy, used by cultures around the world, naturally create a chemical balance for joy, conception, weight loss and optimal well-being.

**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, it sets off inflammation and creates the platform for physical and emotional disease. Join **Dr. Fred Blum**, one of a handful of practitioners worldwide with level 3 certification in Network Spinal Analysis care, as he shares hands-on approaches to an empowering paradigm of assimilating stress and defusing its effects on our body, life and mind.

**1:00 PM****THREE MEN AND A MAKEOVER: A Nutritional Blueprint for Total Transformation**

Award-winning 'beauty and health' author or the bestselling Truth About Beauty, **Kat James** has a stunning track record of published success stories from her Total Transformation® programs. Now, she reveals the biochemical truths and dangerous dietary lies so anyone, like Kat, as well as here three recent subjects highlighted in the NAVEL Magazine, can mastermind their own painless, dramatic transformation. Find out why SELF magazine calls James "a master of self-transformation." Catch her Keynote Lecture at Navel Expo or go to [informedBeauty.com](http://informedBeauty.com).

**PELVICOLOGY: Diagnosing Pain and Initiating Healing in the Pelvic Region**

The center of gravity, and known to house the chakra of fire, the pelvis is the housing for everything sexual and reproductive, supporting our intestines, urinary bladder, and the entire weight of our upper body. Join **Dr. Marilyn Freedman, PT, DPT, CAPP, BCB-PMD**, who has her clinical doctorate in physical therapy and over thirty years of experience in helping people resolve complex pelvic problems, as she explains how to address the cause of many urological, obstetrical, gynecological, and colorectal conditions.

**MAYBE ITS SOMETHING YOU ATE: Identifying the Source of Pain, inflammation and Chronic Disease**

Could something you eat really have an effect on your body? Is it possible to reduce, eliminate or heal from pain and disease by modifying your diet? What did Hippocrates mean when he said, "Let your food be your medicine and your medicine your food."? Join **Dr. Louis Vastola** as he shares with you the secrets he found on his quest to heal himself from Melanoma, the deadliest of the skin cancers, on how to determine your body style for the best foods and supplements to choose, and an age-old method to reduce, and perhaps eliminate pain.

**PERHAPS YOUR THYROID IS LOW AFTER ALL: Reversing the Needless Suffering from an Under-Active Thyroid**

Some of the more common symptoms of low thyroid function are fatigue, weight gain, difficulty losing weight, feeling cold, constipation, dry skin, hair loss, brain fog, depression, low sex drive, irritability, high cholesterol, muscle pain, and headaches. **Dr. Joseph Debé**, a Board Certified Nutritionist practicing in Great Neck, will discuss how hypothyroidism can be identified with the right testing, the many causes of hypothyroidism, as well as how a personalized natural program can improve, even fully restore normal thyroid function.

**STAGNANT MATTER: Technologies to Clear the Dams in the Colon, Lymph, and Bile Systems**

Most people today won't think of going a day without taking a shower or brushing their teeth, but these wise hygiene habits are relatively new to mankind. Yet how much thought do we give to the internal systems of waste removal and the potential damage when they become stagnant and begin to decay. Join **Joseph Petersen**, the owner of Optimal Wellness, as he explains why health begins and ends with your body's ability to remove the byproducts of one trillion biochemical reactions, and the overwhelming number of environmental assaults, as well as the protocols that can help your body discover Optimal Wellness.

**BIOMETABOLIC THERAPY: Identifying Causes of Migraine and Symptoms Resulting From Intestinal Dysbiosis**

"Biometabolic Therapy" is a scientific system that analyzes and addresses biochemical pathways of the entire body and their interactions. The program produces an individualized step-by-step plan geared towards each person's needs to facilitate the appropriate changes for problems discovered, including migraine, depression, hormone imbalance and intestinal dysbiosis. Join **John A. Allocca, DSc, PhD**, a medical research scientist and author of numerous books, as he shares powerful diagnostic approaches to healing, using software, available at the offices of cutting edge healthcare professionals.

**2:00 PM****DISARMING A HEARTLESS KILLER: A Day in the Life of He Who Must Not Be Named**

Known for sneaking up on his victims in the prime of their life, striking without any warning, this insidious condition, one whose name should not be said out loud, has the ability to quickly alter the statistics of health, vitality and longevity. Join **David Kavesteen, MD**, who completed his Internal Medicine training at the prestigious NYU Medical Center and continued further education by specializing in Cardiovascular Diseases and Nuclear Cardiology at Maimonides Medical Center, as he describes this dangerous perpetrator and the top 6 vulnerabilities of his favorite victims.

**MUSHROOM WISDOM: Ancient Remedies, Modern Medicines**

Today we are blessed with a unique melding of traditional healing approaches and modern scientific research. By combining the wisdom of past and present, we are creating the medicine of the future, one that offers prevention over cure, vibrant health over symptom suppression, and dynamic longevity over "aging". Join **Mark J. Kaylor, PhD, MH, CN**, whose search for healing took him from the Amazonian rain forest to the Cherokee reservation and into the mountains of China, as we look at medicinal mushrooms, along with some old and new healing allies for enhancing health, beauty, vitality and longevity.

**CHRONIC FATIGUE: Examining Hormone Depletion and Lifestyle at the Center of an Epidemic**

One of the biggest complaints to a physician is "I am always tired" or "I just don't have enough energy to get through the day." Chronic exhaustion is a sign of a systematic depletion of key elements that are not only responsible for the creation of energy and vitality, but are the first step towards other more serious chronic conditions. Join **Caroline A. Fierro, MD**, the medical director of the Anti-Aging & Family Wellness Group, as she shares her 20 years of experience in bringing optimal health to thousands of her patients.

**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 from the Linchitz Wellness Center, as he explains how to assess genetic susceptibility, and specific nutrients to reverse the multiple symptoms resulting from gluten intolerance.

**PSYCHOTHERAPY AND SPIRITUALITY: Awaken Your Awareness, Achieve Your Life Purpose**

Hear ground-breaking information, from the field of Transpersonal Psychology, on how the integration of spiritual resonance within the Western Psychotherapy model facilitates an awakening consciousness, healing deep negative beliefs and behavioral patterns that undermine our health, relationships, financial success, and self-esteem. Join **Irene Siegel, Ph.D.**, in practice for over 30 years, to hear the results of her latest exploratory research on this subject to understand how this integration of approaches can quickly transform your way of thinking, potentially creating impressive results in all areas of your life.

**TAKE 10 YEARS OFF YOUR FACE PAINLESSLY: Breakthrough Technology in the Science of Lasting Beauty**

Discover how you can easily, safely and quickly look years younger without pain, surgery, or downtime by restoring the underlying demands of your collagen, skin and face. Join **Kelly O'Malley Mattone, MD**, a Mount Sinai-trained cosmetic physician, as she presents ultramodern twists on decades-old technology that tightens the face, jowls and neck, treats acne, rosacea and pores, and is safe enough to use on a fetus. These nonsurgical cosmetic enhancements produce results that are as natural as nature intended.

**3:00 PM****GLYCATION: The Ultimate Diet Secret**

As a child with weight problems, Dr. Ellis became a scientist with a focus on understanding how the body metabolizes fat, simply to find an answer to his own frustrations. He holds no dogma sacred or accepted belief infallible, only what works to help him maintain a sculpted physique way into his sixties, as he teaches countless others how to get in the shape of their life. **Gregory Ellis, PhD**, is author of numerous books on the topic of weight loss, including *The Glycation Factor: How the Recommended Healthy Diet Maims and Kills by "Glucocide"* and *The Ultimate Diet Secret*.

**ASTHMA: Reversing a 21st Century Illness Using Natural Approaches**

In his 20 years of practice, **Richard Firshein, DO**, has gained international recognition and acclaim for his specialization of Integrative Medicine and development of comprehensive programs for a wide range of conditions, including asthma and allergies, cardiovascular disease, arthritis, diabetes, osteoporosis, diet management, and anti-aging therapies. He is the author of several groundbreaking books, including *Reversing Asthma, Your Asthma-Free Child*, and *The Nutraceutical Revolution*.

**CHOOSE TO LIVE: The 7-Step Process We Used to Heal Late-Stage Cancers and Create Vibrant Health**

"This multi-faceted approach healed us of not only our own life-threatening health issues of stage 3b and stage 4 cancers, but also chronic fatigue, depression, anxiety, chronic headaches, migraines, intestinal issues, severe sinus issues and more." Are you frustrated that you feel sick, tired or lousy and no one can tell you why? Join **Joyce O'Brien**, author of *Choose to Live*, as she shares the secrets to creating a vibrant life brimming from the inside out with physical, emotional, and spiritual health. Get to the root causes of your - or your loved ones' - health and well-being issues using the 7-Step VIBRANT process.

**HOLISTIC ALLERGY ELIMINATION TECHNIQUE: Rebooting the Immune System**

Combining a number of healing disciplines, including acupuncture, chiropractic and kinesiology, NAET is a holistic technique proven to eliminate allergies and reverse 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 News 12 numerous times highlighting the many patients helped by NAET.

**BIO-COMPATIBLE DENTISTRY: Addressing Chronic Conditions of the Body Originating From Mercury Fillings**

When a dental office disposes mercury amalgams removed from a person's teeth, they must comply with the 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.

**HCG (HUMAN CHORIONIC GONADOTROPIN): The Reset Button of a Stubborn Metabolism**

Your body has mechanisms that move fat to be used as fuel, in fact in a pregnant woman, they work optimally to help feed and grow the fetus. HCG (Human Chorionic Gonadotropin) a hormone first identified by Dr. Simeons, a British physician who treated thousands of obese patients and wrote *Pounds & Inches: a New Approach to Obesity* back in 1954, seems to be able to optimize the utilization of chronic fat reserves. Join **Moshe Dekel, MD** and **Ellen Piernick**, Wholistic Nutritionist of South Shore Wholistic Weight Loss, as they discuss the encouraging potential of this approach.

**4:00 PM****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 healthcare theories 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. 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, has dedicated his life to helping people build the foundation for lifelong wellness while overcoming illness as naturally as possible, and examine the secrets of civilizations known for their robust health, fitness, buoyancy and agelessness.

**5:00 PM****HEAVY METAL TOXICITY UNCOVERING WHAT LIES BENEATH**

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, in practice for over 20 years, who is board certified in anti-aging medicine, author of numerous books and regular expert guest on numerous radio and TV programs and find out what you can do to identify, and subsequently prevent and reverse, this potential and insidious cause.

**IN GOOD HANDS: The Healing Touch of a Reluctant Healer**

Walking into his office in NYC, there are dozens of autographed photos of famous individuals from around the world who have benefited from and come to believe in the bio-energetic prowess of this Israeli-born healer. In a book written by Hans Holzer, PhD, documenting what can only be described as modern miracles, the story of how Professor **Ze'ev Kolman** stumbled on this "gift" unfolds, along with his initial reluctance in accepting his new destiny and the many phenomenal stories from very credible sources on the healing abilities of this humble man.

**OZONE SAVIOR: The Toxin Destroyer and Heavy Metal Remover**

As a super-antioxidant, Ozone destroys all toxins, virus, bacteria, fungus and yeast in our bodies. Intravenous Ozone Therapy has been effectively used since the 1950's in the treatment of Allergies, Herpes, Chronic Fatigue, Fibromyalgia, Hepatitis C, Candida, Lyme, HIV/AIDS and, most recently, RSD/CRPS. **Dr. Howard Robins** is considered the foremost clinical expert in North America on Bio-Oxidative Therapies and has performed over 110,000 "Direct IV" ozone treatments, achieving impressive results across a spectrum of difficult conditions.

**EXPRESS YOUR SOUL: Learn To Create an Extraordinary Life with a Profound Mind-Body Process**

Our stresses come from our inability to sail with the flow of life. In order to live an extraordinary life we need to resolve the stress of the MIND and the BODY so we can connect and express our Spiritual intelligence. In this lecture you will learn, and hear live testimonials, about an extraordinary process that will transform your life and health. Join **Dr. Michael Berlin** a wellness coach and one of the first to integrate Network Spinal Analysis (body) and a profound educational process called Pocket Wisdom (mind) that powerfully resolves conscious and unconscious emotional stress.

**WRITTEN IN BLOOD: How Modern Testing Predicts and Helps Prevent Susceptibility to Chronic Disease**

With today's advanced labs, like Bio-Reference, we are able to forecast common diseases like osteoporosis, diabetes and heart disease. Utilizing thorough blood testing we can predetermine, decades in advance, and more importantly help circumnavigate many chronic diseases by looking at particle-size analysis, A1c, N-telo-peptide and homocysteine. Join **Jonathan Dashiff, MD**, and **Aviva Seligman, RPA-C**, as they explain how high-tech approaches to preventative medicine can help write a new ending to your DNA prophesy.

**CANCER ISLAND: Escaping the Beast Without a Scratch**

Having looked cancer in the eye thousands of times, this fitness and nutrition-minded surgeon has focused her energies on educating the public about how they can prevent visiting her in the operating room. Join **Karen S. Barbosa, DO**, a board-certified breast surgeon who has performed over three thousand surgeries and was trained at the Cleveland Clinic for Breast Fellowship, as she explains common misconceptions and treatment options, as well as the lifestyle protocols that create a landscape unfriendly to chronic disease.

**6:00 PM****ADRENAL FATIGUE: Is it Making You Tired, Stressed Out, and Fat?**

Many people we know suffer from symptoms like fatigue, weight gain, PMS, hot flashes, night sweats, food cravings, energy drops during the day, trouble falling or staying asleep, headaches, and mood disorders, to name just a few. Join **Dr. Garry D'Brant**, who holds licenses in chiropractic, nutrition, naturopathic medicine, social work and acupuncture, as he discusses the benefits of healing your adrenal glands and how it will help you recover your energy, feel alive, and function at your optimal weight/lean muscle ratio.

**SENTENCED TO LIFE: The Seven Lessons of a Terminal Diagnosis**

"In 2001, I was told that I have Melanoma, the deadliest of the skin cancers, followed by Clinical Depression and Anxiety. Thus began my journey to discover the most effective, natural and least invasive approaches to optimal health. This experience has enabled me to help my patients reverse conditions, eliminate chronic symptoms and enjoy fuller health." **Dr. Louis Vastola** has studied Alternative and Complimentary Medicine, and Healing and Spirituality at Harvard Medical School, Anti-Aging Medicine with the American Academy of Anti Aging Medicine, Functional Medicine, and many other Integrative Approaches.

**YEAR-ROUND KITCHEN GARDENING: Lower Your Food Bill, Raise your Nutrition**

Demonstrating the science that gives sprouted, nutritionally dense foods their impressive healing potential for cancer, diabetes, and heart disease, **Steve Meyerowitz**, aka the Sproutman, bestselling author of *Wheatgrass: Nature's Finest Medicine* and *Sprouts: The Miracle Food*, will discuss ways to enjoy many of the benefits of organically grown, highly nutritious foods that you harvest *not* from a backyard garden, but instead in your kitchen...fast, inexpensive and soil-free!

**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 syndrome with symptom-suppressing substances. This lecture will focus on rebuilding your body's healing prowess with over 80 custom, plant-derived enzymes that help the body assimilate the nutrients from food and eliminate digestive trouble at the source. Join **Dr. David Pollack**, of The Creating Wellness Center in Commack, as he explains this cutting-edge science of enzyme replacement nutrition, and learn how to transform your digestion and put out the fire.

**HOW COME THEY'RE HAPPY AND I'M NOT: Naturopathic Approaches to Anxiety and Depression**

In today's stressful environment, it's difficult not to be anxious, while many resort to addictive chemicals, alcohol, and side-effect ridden prescription drugs to try and numb the pain of foreboding, these do not address the underlying causes. Join **Dr. Peter Bongiorno**, a naturopathic doctor and acupuncturist from InnerSource Health and author of the forthcoming book: *How Come They're Happy and I'm Not?*, as he highlights proven naturopathic therapies, nutrients, herbs, and lifestyle strategies to safely avoid or wean off medications and heighten your natural desire for optimistic hopefulness and joie de vivre.

**FIT IN NO TIME: Making the Most Out of a Shorter Workout for the Busy Executive and Her Mom**

Health-conscious, serial entrepreneur, and business owner Rob Basso realized he could no longer find the time for long personal training sessions or extended workouts on his own. Enlisting the help of 10-year fitness veteran and Iron Lotus Personal Training President Matt Basso, they partnered to create a short, effective workout for anyone from the busy professional to the stay-at-home mom. It has produced impressive results. Join **Rob Basso and Matt Basso** (no relation) for a fun and interactive seminar guaranteed to change the way you view a short workout and inspire you to get fit in no time!

**7:00 PM****MAGNIFICENT SEVEN: Rebooting Your Main Systems of Filtration with Timeless Herbs, Clays, and Soups**

As our environment and food become increasingly saturated with pollutants and chemicals, the body's mechanisms for elimination of toxins can't keep up with the chemical deluge. Supporting the primary organs involved in detoxification, including intestines, liver, the lymphatic system, kidneys, skin, connective tissue, and the respiratory system, can help prevent and reverse many modern diseases. Join **Ellen Kamhi, PhD, RN**, The Natural Nurse, medical school instructor, and herbalist/nutritionist for Nature's Answer, as she discusses the link between environmental toxins and negative health consequences.

**TRANSCRANIAL MAGNETIC STIMULATION: Depression, Anxiety, and the Future of Mental Wellness**

For anyone suffering with depression or anxiety, it's difficult to imagine life any other way. Instead of offering relief, pharmacology just creates adverse reactions, perpetuating a situation that may already seem hopeless. Recent technological developments may help change all we know about depression. Join **Edward Fuitman, MD**, medical director of South Shore Neuropsychiatric Center, who will explain how Transcranial Magnetic Stimulation (TMS), an FDA-approved device, stimulates the brain with gentle, magnetic impulses to help control mood in adults with major depression.

**FIND YOUR MIRACLE: How Functional Medicine Saved My Life and Can Transform Yours**

Just like many other allopathic doctors trained in Western approaches to health care, it was her own debilitating health ordeal, and the lack of answers from dominating philosophies, that lead her to seek healing elsewhere. After years of searching, frustration, and pain, finally finding the answer that helped reverse her condition was very much like experiencing a miracle. Join **Gail Lowenstein, MD**, board certified in internal medicine, as well as by the American Board of Integrative Holistic Medicine, as she tells us how to bridge the gap between Western and alternative medicine.

**COLD FUSION: Survive and Thrive During Winter on a High Raw Diet**

The farmer's markets have closed and the leaves are turning orange. Soon, even your small backyard garden will be buried under six inches of snow, and you can't afford a summer home in Australia. What's a raw locavore to do? **Chef Okima Wilcox-Hitt** will tell you! Okima earned her raw chef certification at Raw Gourmets International in Chicago under renowned raw chef Mehmet Ak and interned at his restaurant, Cousins Incredible Vitality. She returned to Long Island in 2007 and opened Live Island Café in Huntington this past February to rave reviews...and a blizzard.

**DISTINCT FORM: What Your Diet Doesn't Have and Your Training is Missing**

After 75 years of living on this planet, **Roger Sigoda** has become the very embodiment of what's possible when one adheres to a nutrition and exercise program designed to make you stronger, faster, and leaner. In the training business for some 60 years, Roger holds records in bench press, pull up, and fitness contests. He has developed a philosophy and regimen that has helped his many trainees achieve remarkable results in how they look and feel. In this lecture, he is sure to motivate you and give you the resources for the transformation of your life.

**BORN YESTERDAY: How the Processed Food Industry Misleads the New Mother and Affects Her Baby**

An infant will double its weight in the first six months of life. Rapidly reproducing cells demand the raw materials to support healthy development, yet time burdens of our society have many mothers reaching for the fast food answers provided by the processed food industry. Join **Melissa Monteforte**, a new mom, certified health and nutrition coach, and founder of *Healthy Lil Eats Organic Baby Food*, as she shares simple answers to provide your growing child with delicious options for life.

**8:00 PM****THE BEST MEDICINE: Laugh 'Till It Hurts No More**

This "Laugh Your A\*\* Off" therapy, facilitated by a professional comedienne, relaxes the whole body, boosts the immune system, triggers the release of endorphins, and protects the heart while increasing blood flow. Nothing works faster, or more effectively, to bring your body back into balance than a good laugh. Join **Robin Fox**, one of the funnies ladies in the business of funny, for an evening of healthy laughter. Robin has been a regular on the comedy club circuit throughout the Northeast for almost 20 years and has performed in NYC at the Comix, Caroline's, Gotham, and Stand UP NY. Robin has also appeared on Broadway, Lifetime, and ET Television.