

INTERNATIONAL ANTI-AGING SHOW

Seminar Programme

FRIDAY, MARCH 19

1pm **COOKING YOUR WAY TO A HEALTHIER, YOUNGER YOU With Canada's Own Chef Jono**

Let Chef Jono teach you the tips and tricks to rock and roll your next dinner party. Everything made from natural ingredients, from scratch while you participate.
CHEF JONO, JONATHAN MCDONOUGH - Chef Jono Catering and Fine Foods
Main Stage

HOW TO LOOK TEN YEARS YOUNGER...INSTANTLY

Learn how to reverse the aging process through non-invasive medical procedures with little or no recovery time. Join Dr Vera Madison as she discusses the latest new procedures that turn back the hands of time... She will review facial rejuvenation through laser treatments, Botox™ and Restylane™ fillers as well as the most effective cellulite treatment on the market today.
DR. VERA MADISON, MD - Madison Clinic
New You Stage

2pm **WEIGHT CONTROL AND LONGEVITY: The Secret Connection Revealed**

Anyone can lose weight, but Keep Canada Slim author Lee Fairbanks has discovered the secret to keeping it off and living longer!
LEE FAIRBANKS - Keep Canada Slim/Keep America Slim
Main Stage

THE MIRACULOUS HEALING of Qi GONG

Demonstration on how Qi heals the body, reduces stress, and strengthens immunity.
MASTER TERESA YEUNG - Wu & Yeung Qi Gong Wellness Institute
New You Stage

3pm **FROM THE NECK UP... The latest advances in facial aesthetics and facial cosmetic surgery with Dr. Cory Torgerson**

Concerned about the effects of aging? Join Dr Cory Torgerson as he discusses the latest in facial rejuvenation. He'll review cosmetic injectables like Botox™ and fillers as well as plastic surgery procedures such as face, brow and eyelifts, facial implants, rhinoplasty, neck lifts, liposuction and more. He'll also discuss the Vectra 3D Imaging system which allows his patients to see what they would look like, from all angles, prior to having any kind of facial procedure.
DR. CORY TORGERSON, MD, PhD, FRCSC
Main Stage

HOW TO CURE YOURSELF WITH CHINESE MEDICINE

With a history of 2000 to 3000 years, Traditional Chinese Medicine (TCM) has formed a unique system to diagnose and cure illness. Join Dr Peter Witz and learn how through chinese herbs and acupuncture you can cure virtually any disease as well as look younger, feel younger and be younger.
PETER WITZ, Doctor of Traditional Chinese Medicine
New You Stage

4pm **YOUR HORMONES**

A seminar for men and women on the ravaging effects hormones have on your health as you age and what your options are including bio-identical hormone therapy.
DR. LARRY KOMER, MD, FRSCS
Sponsored by TruBalance HealthCare
Main Stage

THE EVOLUTION OF MEDICAL SPAS:

The newest Anti-Aging therapies that have grown beyond the laser, topicals and injectables. As medical spas approach their second full decade of existence, the plethora of treatment options from both devices and skincare products are now including Traditional Chinese Medicine, Ayurvedism, Shamanism and any number of "Exotics". This seminar will unveil the now, traditional services and products as well as leading edge therapies from the alternative, complimentary and inclusive areas that truly make a difference in your anti-aging beauty appearance. We will explore the latest ingredients from Peat Bog Mud, to peptides and eel mucous to the latest medical laser claims for turning back the clock on our skin, to cellulite, rosacea, skintencity, moisturization and related skin health.

LORNE CAPLAN - AgeMedica, LLC
New You Stage

5pm **VISUAL POLISH = VIBRANT... 7 POWER TOOLS, 7 STEPS, 7 MINUTES TO A YOUNGER, REVITALIZED & RE-ENERGIZED YOU**

Peel back the years with simple, safe, cost-effective TIPS from Celebrity Preferred Master Artist Sharon Danley. Learn the 7 key elements of makeup tricks that turn heads and witness the transformations of real women.
SHARON DANLEY, Celebrity Make Up Artist
Main Stage

THE BEST KEPT SECRETS TO LOOKING YEARS YOUNGER!

Cathi Graham, best-selling author, will be talking about "The Best Kept Secrets to a New You!" Includes foods that erase wrinkles, drinks that cleanse your skin and makes it glow, how to produce collagen - the anti-aging protein, and how to decrease cellulite to get rid of that cottage cheese look. Learn how to have natural non-surgical facelift in just 3 minutes a day! Cathi will also be talking about "How to Release Weight Naturally" with Thermogenic foods and drinks that burn fat. Discover ways to feel slim, attractive and happy!
CATHI GRAHAM - Fresh Start Total Beauty Total Health
New You Stage

6pm **REVERSING ADRENAL FATIGUE & FRAGILE THYROID CONDITIONS WITH VITAL STEM CELL STIMULATION**

What your doctor didn't tell you about chronic fatigue, adrenal burnout and thyroid metabolism. Find out natural ways to restore energy, vitality and achieve super physical and mental abilities. Discover the power of growth factors to slow or ameliorate the aging process. Learn how stem cell stimulation and lymphatic motion create specific ways to regenerate your cells, body, organs and bones to be younger and energetic now. Taught by one of the top wellness trainers in the world on Anti Aging, Fitness and Strength Endurance Record Holder Dr. Nick Delgado.
NICK DELGADO, PhD. - Ultimate Medical Research
Main Stage

SATURDAY, MARCH 20

11am **COOKING YOUR WAY TO A HEALTHIER, YOUNGER YOU: With Canada's Own Chef Jono**

Let Chef Jono teach you the tips and tricks to rock and roll your next dinner party. Everything made from natural ingredients, from scratch while you participate.
CHEF JONO, JONATHAN MCDONOUGH - Chef Jono Catering and Fine Foods
Main Stage

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DR. VERA MADISON, MD - Madison Clinic
New You Stage

noon **WEIGHT CONTROL AND LONGEVITY: The Secret Connection Revealed**

Anyone can lose weight, but Keep Canada Slim author Lee Fairbanks has discovered the secret to keeping it off and living longer!
LEE FAIRBANKS - Keep Canada Slim/Keep America Slim
Main Stage

THE SECRETS OF SCENT AND LONGEVITY: HOW APRODISIAC SCENTS AND PHEROMONES KEEP YOU YOUNG AND RETURN YOU TO YOUR YOUTH

For centuries, the various eclectic studies of foods, essential oils from flowers, herbs and other plants were touted as having aphrodisiac qualities that were able to regenerate the mind and body and keep them youthful and vibrant. More recently, the discovery of human pheromones with multitudes of supporting studies have confirmed that scent is a very powerful preservative of youth and anti-aging therapy well beyond the basics of aromatherapy. This seminar will explore the specific plants and scents that positively affect our minds, bodies and sexuality and how best to benefit from their healing powers through the use of scent.

LORNE CAPLAN - Master & Mistress Gothic Cosmetics, Skincare and Fragrance
New You Stage

1pm **PASSIONATE LONGEVITY with Dr. Elaine Dembe**

Passionate Longevity focuses on the psychological, social and emotional health and wellness issues that define successful aging. You will learn to keep relationships strong, discover your life purpose, nurture your spirit, remain fit and active, listen to your body, maintain your creativity, explore new opportunities, and face challenges with optimism. Passionate Longevity is a prescription for a life bursting with vitality and fun, success and adventure. The secrets to living a longer and healthier life are open to you. Let Dr. Dembe be your personal guide on the journey of the rest of your life. Dr. Elaine Dembe.
ELAINE DEMBE - Chiropractor, Author and Keynote Speaker
Main Stage

1pm **MENOPAUSE AND ANDROPAUSE**

Dr Nick Delgado explores both female menopause and male andropause. He'll discuss the symptoms in both sexes including energy loss, depression, loss of libido and sexual dysfunction along with a host of other symptoms such as decreased bone density and weight gain. Finally, he will review the different treatments available including the latest advancements in HRT, hormone replacement therapy.
NICK DELGADO, PhD. - Ultimate Medical Research
New You Stage

2pm **FROM THE NECK UP... The latest advances in facial aesthetics and facial cosmetic surgery with Dr. Cory Torgerson**

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DR. CORY TORGERSON, MD, PhD, FRCSC
Main Stage

MENOPAUSE, NATURAL HORMONE THERAPY AND THYROID HEALTH

Rozlynn Myers, HD is a leader in women's health, specializing in advanced thyroid diagnostic and natural hormone therapy. Attend this seminar and learn what happens to the body during menopause and how you can quickly and effectively control menopausal symptoms such as hot flashes, mood swings and more using natural methods. She was recently featured on the Dr. Phil show.
ROZLYNN MYERS, Homeopathic Doctor - Thyroid Health Canada
New You Stage
This seminar is sponsored by TruBalance HealthCare

3pm **HOW TO LOOK GOOD NAKED CANADA - Special Presentation**

How to Look Good Naked Canada, host Zain Meghji and a team of fashion and lifestyle experts are on a mission to restore body confidence in women everywhere. How To Look Good Naked Canada airs Tuesday's at 10pm on WNetwork. Based on the highly acclaimed British Series, How To Look Good Naked Canada, works with a woman each week who can't face themselves in the mirror, because when she does all she sees are flaws. Join Zain Meghji and his team of experts for a special one hour presentation. See amazing transformations on REAL Canadian women, sign up to be on the series, meet the experts & learn how you can restore your body confidence...without surgery!
ZAIN MEGHJI, How To Look Good Naked Canada
Main Stage

Continued on next page...

INTERNATIONAL ANTI-AGING SHOW

Seminar Programme

SATURDAY, MARCH 20 (Con't)

4pm (Con't)

LEARN HOW TO MAKE YOUR OWN NATURAL AND HOLISTIC MAKE UP

Let Jan show you healthy alternatives to the toxic chemicals that are present in most mainstream cosmetics. In this seminar there will be a demonstration on how to make your own lipstick using all natural ingredients.

JAN BENHAM, Aroma Shoppe

New You Stage

4pm

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SHARON DANLEY, Celebrity Make Up Artist

Main Stage

HOW HEALTHY ARE YOU?

Assessing your current level of health is an important first step in learning more about your overall health. Once you have identified your health strengths and weaknesses, you will have the necessary information to plan for healthy lifestyle change. Join Cheryl Badham, Certified Live Blood Cell Analyst, Wellness & Lifestyle Coach, Consulting Hypno-therapist, Can-fit Pro Fitness Specialist & Personal Trainer and learn how a simple nutritional blood analysis test can alleviate and intercept existing and future illnesses.

CHERYL BADHAM, Certified Blood Analyst

New You Stage

5pm

HOW TO CURE YOURSELF WITH CHINESE MEDICINE

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PETER WITZ, Doctor of Traditional Chinese Medicine

Main Stage

THE BEST KEPT SECRETS TO LOOKING YEARS YOUNGER!

Cathi Graham, best-selling author, will be talking about "The Best Kept Secrets to a New You!" Includes foods that erase wrinkles, drinks that cleanse your skin and makes it glow, how to produce collagen - the anti-aging protein, and how to decrease cellulite to get rid of that cottage cheese look. Learn how to have natural non-surgical facelift in just 3 minutes a day! Cathi will also be talking about "How to Release Weight Naturally" with Thermogenic foods and drinks that burn fat. Discover ways to feel slim, attractive and happy!

CATHI GRAHAM - Fresh Start Total Beauty Total Health

New You Stage

SUNDAY, MARCH 21

noon

VISUAL POLISH = VIBRANT... POWER 7 TOOLS, 7 STEPS, 7 MINUTES TO A YOUNGER, REVITALIZED & RE-ENERGIZED YOU

Peel back the years with simple, safe, cost-effective TIPS from Celebrity Preferred Master Artist Sharon Danley. Learn the 7 key elements of makeup tricks that turn heads and witness the transformations of real women.

SHARON DANLEY, Celebrity Make Up Artist

Main Stage

MENOPAUSE AND ANDROPAUSE - WHY SEXY PEOPLE LIVE LONGER

Dr Nick Delgado explores both female menopause and male andropause. He'll discuss the symptoms in both sexes including energy loss, depression, loss of libido and sexual dysfunction along with a host of other symptoms such as decreased bone density and weight gain. Finally, he will review the different treatments available including the latest advancements in HRT, hormone replacement therapy and endocrinological intervention using bio identical hormones and synergistic herbs.

DR. NICK DELGADO, PhD., Ultimate Medical Research

New You Stage

1pm

PASSIONATE LONGEVITY with Dr. Elaine Dembe

Passionate Longevity focuses on the psychological, social and emotional health and wellness issues that define successful aging. You will learn to keep relationships strong, discover your life purpose, nurture your spirit, remain fit and active, listen to your body, maintain your creativity, explore new opportunities, and face challenges with optimism. Passionate Longevity is a prescription for a life bursting with vitality and fun, success and adventure. The secrets to living a longer and healthier life are open to you. Let Dr. Dembe be your personal guide on the journey of the rest of your life. Dr. Elaine Dembe,

ELAINE DEMBE, Chiropractor, Author and Keynote Speaker

Main Stage

THE LATEST ADVANCES IN NON-INVASIVE COSMETIC TREATMENTS

Join one of Canada's leading doctors, Dr. Jimmy Poon as he discusses the latest procedures to help you look and feel your best including non-invasive procedures for Lifting, Acne Scaring, Skin Tightening and Wrinkle Reduction including the most advanced Fraction RF Micro needle device on the market today. See amazing before and after, ask questions and get the answers you have been looking for.

DR. JIMMY POON, B.Sc., M.D., C.C.F.P., F.C.F.P., D.A.B.A.A.R.M.

Sponsored by CMed Technologies

New You Stage

2pm

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DR. CORY TORGERSON, MD, PhD, FRCSC

Main Stage

HOW TO BE HOT AND HEALTHY OVER 40

Carolyne Rodrigues is a former flight attendant who travelled the globe learning about alternative health. She is now a trainer and coach, using that knowledge to teach others about taking control of their health.

CAROLYN RODRIGUES

New You Stage

3pm

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LORNE CAPLAN, AgeMedica, LLC

New You Stage

PLEASE NOTE:

This list is current as of March 9, 2010 and is subject to change.