

INTERNATIONAL ANTI-AGING SHOW

Seminar Programme

FRIDAY, NOVEMBER 6

1pm **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

INTEGRATIVE NATURAL CURES FOR THE HUMAN BODY

Justin Vo, an Integrative Alternative Health Care Practitioner, will explain how she can precisely tell the individual's health conditions from the feet, how to use feet reflexology to successfully cure many health conditions, and how the integrative acupuncture, reflexology, osteopathy, massage and diet, lifestyle & nutrition healthcare is the most effective journey to long-term cures and solutions for all conditions, including illnesses, injuries and aging. Inner health and outer beauty, youth from the inside out, naturally.
JUSTIN VO, D.A.C., D.O., R.N.C., CM - CHR HEALTH CENTRE INC.
Health and Beauty Stage

2pm **THE LATEST ADVANCES IN HAIR TRANSPLANT SURGERY**

Join Dr. Larry Fremont as he discusses the latest advances in hair loss surgery including new technology that automates the surgical removal of individual hair follicles, one at a time, eliminating the need for doctors to remove a large strip from the back of the scalp.
DR. LARRY FREMONT - Physicians Hair Loss Clinics
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
Health and Beauty Stage

3pm **HOW TO LOOK TEN YEARS YOUNGER...INSTANTLY!**

How to reverse the aging process through non-invasive medical procedures with little or no recovery time.
DR. VERA MADISON, MD - Madison Clinic
Main Stage

AGING AND THE ROLE OF ANTI-OXIDANTS

Glutathione, the master anti-oxidant, the most important molecule in preventing the diseases of aging.
DR. JACOB JOHN (F-Card India)
Health and Beauty Stage

4pm **IF LOOKS COULD KILL: CHOOSING MAKE-UP THAT WON'T HARM YOUR HEALTH With Celebrity Make-Up Artist Rose- Marie Swift**

We all want to look our best, but at what cost to our health? Many of the ingredients used in cosmetics and personal care products are linked to serious adverse health consequences including cancer. Fortunately, you can feel great and look fabulous at the same time! Along with easy tips to create a younger looking you with less make-up, you'll learn how to recognize the chemicals you want to avoid, and some hidden truths about so-called natural products from celebrity make-up artist and organic beauty expert Rose-Marie Swift.
ROSE-MARIE SWIFT, rms Beauty
Main Stage

SCIENCE BREAKTHROUGH: SLOW AGING and MAINTAIN YOUR DESIRED WEIGHT

Stabilize weight, improve glucose levels, and retard aging with new scientific calorie restriction . Mimetic supplement.
ALAN B. CASH, Terra Biological
Health and Beauty Stage
5pm

GROWING YOUNG USING GROWTH FACTORS THAT ARE SAFE AND LEGAL TO USE

Is it possible to slow or ameliorate the aging process? When the book Grow Young with HGH and later the book Grow Young and Slim by Dr Nick Delgado, forward by Dr Ronald Klatz, the early scientific evidence suggests that using novel new growth factors can accomplish the natural release of your own growth hormone. When these growth factors are combined with other key hormones research shows the restoration of growth hormone to youthful levels in middle-aged and older people is accomplished.
DR. NICK DELGADO, PhD. - Ultimate Medical Research
Main Stage

SATURDAY, NOVEMBER 7

11am **THE LATEST IN LASERS AND CELLULITE TREATMENTS**

Learn how the hottest new lasers can turn back the hands of time by creating new collagen and tightening the skin while also improving the complexion. PLUS, the latest PROVEN treatment for cellulite and how it works.
DR. VERA MADISON, MD, Madison Clinic
Main Stage

ENDOCRINOLOGICAL INTERVENTION WITH NATURAL HERBS AND BIO-IDENTICAL HORMONES TO REPLACE STEROIDS

Dr Nick Delgado explores the myths and facts and the misunderstanding associated with bio-identical hormones that are safe as compared to synthetic steroid like dosages often used by athletes. He will review the studies about DHEA, testosterone, DHT, balancing of estrogens, pregnenolone, melatonin, cortisol with the correct delivery systems and safe dosages. Learn the proper tests for urine, blood and saliva to monitor progress and predict outcomes. Find out the correct combinations for a positive effect of multiple hormones used as an orchestra. You will learn the positive effects of key hormones and herbs to improve the quality of life.
DR. NICK DELGADO, PhD., Ultimate Medical Research
Health and Beauty Stage

noon **NUTRITIONAL SUPPLEMENTS: HOW TO ASSESS WHAT YOUR BODY REALLY NEEDS**

Surveys show that 7 out of 10 Canadian adults take nutritional supplements each day. However, many individuals are not sure if they are taking the supplements that best suit their individual circumstances. The dietary supplements you take should be based upon your age, gender, signs of nutrient deficiencies, lifestyle and environmental factors that are known to deplete specific nutrients, as well as knowledge of your use of caffeine, alcohol, nicotine, over-the-counter or prescription drugs (which also deplete specific nutrients), present or recurring health conditions you are dealing with, and health problems that run in your family that you may be predisposed to developing and wish to avoid if possible. It is also important to take supplements that are safe to use in conjunction with whatever medications you may be using. In this seminar Dr. James Meschino will explain how to get to the bottom of all of these details so you can identify the dietary supplements that would best help you combat existing health conditions, slow and/or reverse important aspects of the aging process, reduce your risk of future illness and optimize your general health and well being.
DR. JAMES MESCHINO D.C., M.S., N.D., Adeeva Nutritionals
Main Stage

THE LATEST ADVANCES IN HAIR TRANSPLANT SURGERY

Join Dr. Larry Fremont as he discusses the latest advances in hair loss surgery including new technology that automates the surgical removal of individual hair follicles, one at a time, eliminating the need for doctors to remove a large strip from the back of the scalp.
DR. LARRY FREMONT, Physicians Hair Loss Clinics
Health and Beauty Stage

1pm **NATURAL WAYS TO PREVENT AND TREAT THE HINI VIRUS With Author, Television Host, Homeopathic Doctor and Nutritionist Bryce Wylde.**

With the Region of Peel offering the HINI Vaccine at the health clinic located at the International Centre, many of you are wondering what natural options are available for the prevention and treatment of the HINI virus. Join Canada's most respected Homeopathic Doctor and Nutritionist, Bryce Wylde as he addresses this issue at the show. He will discuss the risks of the adjuvant's (ie. preservatives) found in BOTH vaccines. And he will also discuss the risks of NOT getting the vaccine at all. Finally, you'll learn how to optimize your immune system whether you are considering the vaccine or not.
BRYCE WYLDE, B.Sc., R.N.C., DHMHS, HD
Main Stage

INTERNATIONAL ANTI-AGING SHOW

Seminar Programme

SATURDAY, NOVEMBER 7 (continued)

1pm (Con't)

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
Health and Beauty Stage

2pm

HEALTHY AGING, FITNESS AND FAT LOSS WITH BRUCE KRAHN

Whether your goal is to increase energy, improve health, lose fat, build muscle, improve a health condition or to simply adopt a healthy lifestyle Bruce Krahn has the solution. Widely regarded as one of Canada's leading authorities on healthy fat loss, Bruce Krahn is a best selling author, expert fitness trainer and nutrition guru. The co-founder of BODIZONE Personal Fitness Studios, Bruce has logged more than 10,000 training hours helping hundreds of clients reach their health & fitness goals. His client list has included notable celebrities such as Nelly Furtado, Criss Angel and Tom Cochrane. Bruce is also the author of the best selling book - The Fat Fighter Diet. Published by world renowned publishing house John Wiley & Sons, The Fat Fighter Diet is a unique and comprehensive guide to attaining your health and fitness optimum.

BRUCE KRAHN, ebodi.com

Main Stage

SCIENCE BREAKTHROUGH: SLOW AGING and MAINTAIN YOUR DESIRED WEIGHT

Stabilize weight, improve glucose levels, and retard aging with new scientific calorie restriction . Mimetic supplement.

ALAN B. CASH, Terra Biological

Health and Beauty Stage

3pm

THE HORMONE DIET - Feeling fat, tired and stressed-out? Want to feel and look better? The secret is all in your hormones!

If you've tried every diet and they've all failed you, it's not your fault. Join Dr Natasha Turner, best selling author of the Hormone Diet and one of Canada's leading naturopaths, as she explains why your past weight loss efforts were doomed to fail unless they took into account the complex chemicals that are really running the show your hormones! If you want to look fresher, stimulate your metabolism, lose fat, feel calmer, sleep better, get stronger, feel sexier and focus better, gaining control over your hormonal balance is truly the key.

DR. NATASHA TURNER, ND, Best Selling Author - The Hormone Diet

Main Stage

INTEGRATIVE NATURAL CURES FOR THE HUMAN BODY

Justin Vo, an Integrative Alternative Health Care Practitioner, will explain how she can precisely tell the individual's health conditions from the feet, how to use feet reflexology to successfully cure many health conditions, and how the integrative acupuncture, reflexology, osteopathy, massage and diet, lifestyle & nutrition health-care is the most effective journey to long-term cures and solutions for all conditions, including illnesses, injuries and aging. Inner health and outer beauty, youth from the inside out, naturally.

JUSTIN VO, D.A.C., D.O., RNC, CM

CHR HEALTH CENTRE INC.

Health and Beauty Stage

4pm

A YOUNGER LOOKING, SLIMMER YOU AFTER ONE TREATMENT? Absolutely! Learn about the latest technology...

Dr. Anwar Morgan will be discussing the latest technology in body contouring and skin tightening with the newest "all-in-one" clinically proven, long lasting, pain free system. Everyone wants to find a way to step into an appointment and leave shortly after looking lighter, leaner, and younger. With this "brand new" technology, that dream can become a reality. Attend this seminar and learn how you can achieve amazing results after just one treatment. Immediate results include the visible shrinkage of fat cells, circumference reduction, as well as facial contouring, wrinkle reduction and skin tightening. This is a safe, non-invasive, walk-in/walk-out treatment that requires no downtime and is suitable for all skin colours and types.

DR. ANWAR V. MORGAN, MBCHB, FRCPC - MedSpa Toronto

Main Stage

4pm (Con't)

AGING AND THE ROLE OF ANTI-OXIDANTS

Glutathione, the master anti-oxidant, the most important molecule in preventing the diseases of aging.

DR. JACOB JOHN (F-Card India)

Health and Beauty Stage

SUNDAY, NOVEMBER 8

noon

THE HORMONE DIET

Feeling fat, tired and stressed-out? Want to feel and look better? The secret is all in your hormones!

If you've tried every diet and they've all failed you, it's not your fault. Join Dr Natasha Turner, best selling author of the Hormone Diet and one of Canada's leading naturopaths, as she explains why your past weight loss efforts were doomed to fail unless they took into account the complex chemicals that are really running the show your hormones!

If you want to look fresher, stimulate your metabolism, lose fat, feel calmer, sleep better, get stronger, feel sexier and focus better, gaining control over your hormonal balance is truly the key.

DR. NATASHA TURNER, ND, Best Selling Author - The Hormone Diet

Main Stage

HOW TO HEAL THE BODY AND REVERSE AGING WITH STEM CELLS AND BIOCHEMISTRY

Dr Nick Delgado will explain the most recent developments in Stem Cell discoveries for Anti Aging using concentrations of over 2 million stem cells obtained legally from your own bone marrow or peripheral blood now approved in the state of California.

DR. NICK DELGADO, PhD. - Ultimate Medical Research

Health and Beauty Stage

1pm

NATURAL WAYS TO PREVENT AND TREAT THE H1N1 VIRUS With Author, Television Host, Homeopathic Doctor and Nutritionist Bryce Wylde.

With the Region of Peel offering the H1N1 Vaccine at their health clinic located at the International Centre, many of you are wondering what natural options are available for the prevention and treatment of the H1N1 virus. Join Canada's most respected Homeopathic Doctor and Nutritionist, Bryce Wylde as he addresses this issue at the show. He will also discuss the difference between the adjuvanted vaccines Canada is offering and the adjuvant-free vaccines the U.S. and other countries are offering. And finally, you'll learn how to optimize your immune system whether you are considering the vaccine or not.

BRYCE WYLDE, B.Sc., RNC, DHMS, HD

Main Stage

SURVIVING AND THRIVING IN TOXIC TIMES

Want to get off the diet treadmill? Learn why toxicity is contributing to weight gain, stress and poor immune function and what you can do about it.

CAROLYNE RODRIGUES, Isagenix

Health and Beauty Stage

2pm

HEALTHY AGING, FITNESS AND FAT LOSS WITH BRUCE KRAHN

Whether your goal is to increase energy, improve health, lose fat, build muscle, improve a health condition or to simply adopt a healthy lifestyle Bruce Krahn has the solution. Widely regarded as one of Canada's leading authorities on healthy fat loss, Bruce Krahn is a best selling author, expert fitness trainer and nutrition guru. The co-founder of BODIZONE Personal Fitness Studios, Bruce has logged more than 10,000 training hours helping hundreds of clients reach their health & fitness goals. His client list has included notable celebrities such as Nelly Furtado, Criss Angel and Tom Cochrane. Bruce is also the author of the best selling book - The Fat Fighter Diet. Published by world renowned publishing house John Wiley & Sons, The Fat Fighter Diet is a unique and comprehensive guide to attaining your health and fitness optimum.

BRUCE KRAHN, ebodi.com

Main Stage

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JUSTIN VO, D.A.C., D.O., RNC, CM - CHR HEALTH CENTRE INC.

Health and Beauty Stage

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SUNDAY, NOVEMBER 8 (Con't)

3pm

10 NUTRITIONAL STEPS TO BREAST CANCER PREVENTION: GET THE FACTS RIGHT

Scientific studies reported in The Journal Of The National Cancer Institute indicate that at least 50% of all breast cancer cases are avoidable through proper dietary and lifestyle practices. Unfortunately, there is a great deal of misinformation about this subject due to the vast number of unscientific articles appearing on internet sites and the teachings of pseudo-experts, who lack professional credibility. In this program Dr Meschino shows you the 10 critical dietary and lifestyle steps that help defend against breast cancer, highlighting the scientific mechanisms involved for each of the steps. No woman can afford to miss this presentation. So bring a female friend or relative with you to this lecture.

DR. JAMES MESCHINO D.C., M.S., N.D. - Adeeva Nutritionals
Main Stage

THE LATEST ADVANCES IN HAIR TRANSPLANT SURGERY

Join Dr. Larry Fremont as he discusses the latest advances in hair loss surgery including new technology that automates the surgical removal of individual hair follicles, one at a time, eliminating the need for doctors to remove a large strip from the back of the scalp.

DR. LARRY FREMONT - Physicians Hair Loss Clinics
Health and Beauty Stage

4pm

TURNING BACK THE CLOCK WITH LASERS, FILLERS AND BOTOX®

Learn the secrets to successfully turning back the clock with the latest techniques using Botox, fillers and lasers.

DR. VERA MADISON, MD - Madison Clinic
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
Health and Wellness Stage

5pm

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 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, skintency, moisturization and related skin health.

LORNE CAPLAN, AgeMedica, LLC
Health and Beauty Stage

NOTE: This list is current as of November 2, 2009 and is subject to change.