



November 14, 15, 16 2008 • Metro Toronto Convention Centre

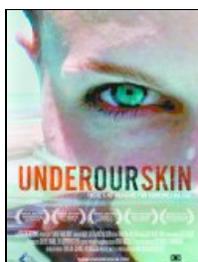
Search this website


[2008 Exhibitors](#)
[Friday Speakers](#)
[Saturday Speakers](#)
[Sunday Speakers](#)
[Special Features](#)
[Show Hours](#)
[Admission Prices](#)
[Directions to Convention Centre](#)
[Parking](#)
[Public Transit](#)
[Accessibility](#)
[Exhibitor Services](#)
[Contact Us](#)
[Whole Life Expo 2007](#)
[Whole Life Expo 2006](#)
[Whole Life Expo 2005](#)
[Home](#)

Friday Speakers - November 14th, 2008

[Lecture Hall 205](#)
[Stage One](#)
[Stage Two](#)

Lecture Hall 205



4:30 pm - 6:30pm

FIRST ONTARIO FILM SCREENING: "UNDER OUR SKIN" – THE ROLE OF LYME DISEASE IN MULTIPLE SCLEROSIS, AUTISM, AND MORE

with Dr. Jozef Krop & the Ontario Lyme Action Group

This shocking U.S. documentary reveals the untold story of the massive spread of Lyme Disease throughout North America – "an emerging epidemic larger than AIDS". It has been discovered that up to 50% of patients with Multiple Sclerosis and other neurodegenerative disorders including Autism, Parkinson's, ALS, as well as chronic fatigue and fibromyalgia, may simply have chronic Lyme disease from a tick bite. It's detectable, treatable and reversible, yet thousands are suffering from

mis-diagnosis. In Canada there is no effective screening or treatment for chronic Lyme. Ironically, the Ontario College of Physicians and Surgeons is now investigating the last Canadian medical doctor who is willing to treat it openly. For one of the most powerful human rights stories of our decade do not miss this screening.

Helke Ferrie will be introducing the film and will also briefly discuss the new nationwide Charter for Health Freedom. Discussion afterward with Dr. Jozef Krop and the Ontario Lyme Action Group.

<http://lymeactiongroup.blogspot.com/>

Questions and comments can be directed all weekend to the Ontario Lyme Action Group located at KOS PUBLISHING booth 166.

[Back to top](#)


6:45 – 8:00pm

FOODS THAT HEAL INFLAMMATION

with Julie Daniluk, R.H.N.

When you understand the connection between diet and inflammation, you are ready to explore solutions that incorporate power foods. Discover which foods increase pain and which ones relieve inflammatory conditions like arthritis and heart disease. Holistic Nutritionist Julie Daniluk believes that there are 6 billion diets for 6 billion people and her new book Meals That Heal - The Anti-Inflammatory Menu helps individuals find their way to achieving personal meal plans with balance.

The recipes in Meals That Heal are created to be delicious and satisfying while avoiding the major allergies that can be a root cause of inflammation and pain. This lecture will reveal ways to make wholesome food taste great, encouraging a commitment to a healthier lifestyle.

Julie Daniluk is a holistic nutritionist/cooking instructor and co-owner of The Big Carrot, one of Canada's largest health food stores. She is also the online nutritionist of the W Network and has appeared in over 120 episodes of lifestyle television.

Available afterward at SUPERHEALTH.CA booth 2 for questions and booksigning.

[Back to top](#)

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Stage One



4:30 – 5:15pm

LIVING LIFE ON PURPOSE – THE MAP IN YOUR HANDS

with Annika Ek, DHHP, RHN, CH

Ever wondered what your life purpose is? It has been “hiding” in plain view in your fingerprints. In 1979 Richard Unger, Master hand analyst, discovered that your fingerprints hold the answer to the all important question of what you are to do with your life. Since then, this groundbreaking method for self discovery has helped thousands to connect with their unique life purpose and find greater direction, meaning and fulfillment in their lives. Through Hand Analysis and Life Purpose Coaching, Annika helps her clients discover, plan for, and live their life unique purpose.

Available throughout the weekend at the *TRULYU HAND ANALYSIS* booth 103B.

[Back to top](#)



5:30 pm – 6:30 pm

CONSCIOUS ACTS OF BEAUTY

with Kate Porter

Beauty can be experienced as a pathway to the inner being. Kate Porter brings us to an understanding of how beauty can bring us to silence and an experience of pure joy. By employing conscious acts of beauty in our day to day lives, we can reclaim our natural heritage as creators and beings of joy. The author of *Life in Beauty* reminds us that simple acts can enhance our humanity.

Available afterward at *PORTER STUDIO LTD* booth 223.

[Back to top](#)



6:45 - 7:45

THE TEMPLE OF SOUND

with Michael Moon

Join Michael Moon and friends as they create a sonic healing journey using a variety of exotic instruments including vibraphone, didgeridoo, overtone singing, crystals, bells ... woven together with guitar and sacred song. Michael's music crosses many boundaries, between genres and between worlds creating a sonic bridge to the divine, a living temple of sound. Michael Moon is an award winning composer, musician, and performer with 5 unique CD's of pure acoustic healing music.

Available afterward and throughout the weekend at *SACRED SCENTS/TEMPLE OF SOUND* booth 112

[Back to top](#)



8:00 - 8:30pm

CELEBRATING THE RHYTHMS OF THE TRIBAL DANCE

with Tribal Spirit & Whispering Song Teaching Lodge

Through drumming, sound and movement, we will celebrate the healing connection to sound and wellness. The Whispering Song Teaching Lodge and Tribal Spirit have long connected to the wisdom and Medicine of Sound. Join us for an inter-active healing magical moment.

Visit *WHISPERING SONG TEACHING LODGE* at booth 161 and *TRIBAL SPIRIT* at booth 172 throughout the weekend for questions.

[Back to top](#)

Stage Two



4:45pm – 5:30pm

GROUP ENERGY HEALING TREATMENT

with Stephen Aube, Energy Healer

This workshop will guide you with information to serve in the healing process of your body, mind, and spirit, and activate your life with abundance of love and light moving through the illusion of separation built by your ego. Then Stephen will begin the group energy healing treatment.

Available afterward and throughout the weekend at at CELESTIAL HEALER booth 160.

[Back to top](#)

5:45 pm – 6:45 pm

NEEDLE FREE ACUPUNCTURE

with the Toronto Acupuncture and Herb Centre

Health Recovery Chips is patented composition silicon stone nanotechnology for treatment and recovery from various chronic pain and disease conditions. This highly specific technology allows for a much greater surface level of silicon to interact with the body's energy meridians at the molecular level. The Health Recovery Chips are able to influence and adjust the cells of the body's acupuncture points. This chain reaction of the cells effectively balances the function of internal organs through the circulation and Acupuncture channels. It is safe, convenient, effective, simple, economical, and has absolutely no side effects. Learn more about it, come see the demonstration for yourself.

Available for questions and demonstrations afterward TORONTO ACUPUNCTURE AND HERB CENTRE booth 124.

[Back to top](#)



7:00 pm – 8:00 pm

WHAT IS YOUR PET TRYING TO TELL YOU?

with Charlotte Szivak, Animal Communicator

Ever wonder what your dog, cat, horse, scorpion, fish or hamster is trying to tell you? Well, it's not just that "I'm hungry" or "I need to go to the bathroom". Come and learn how to communicate with your baby. Be amazed by some of the zany adventures that Charlotte has had talking with the animals – from a French squirrel asking for directions home, to horses requesting salsa music, or her personal favourite – the dramatic suicidal bottom feeder fish. Learn how to practice and perfect your ability to better communicate and heal your pet with the aid of meditation and crystal therapy. Charlotte is a modern day mystic who inspires others to recognize their own authentic divinity and connection to Source.

Charlotte is the first ever Psychic Healer, Medical Intuitive, and Animal Communicator to be nominated for the Distinct Women of the Year 2007 in the category of Health and Wellness.

Available afterward and throughout the weekend at booth 122.

[Back to top](#)



November 14,15,16 2008 • Metro Toronto Convention Centre

Search this website [Go](#)

- [2008 Exhibitors](#)
- [Friday Speakers](#)
- [Saturday Speakers](#)
- [Sunday Speakers](#)
- [Special Features](#)
- [Show Hours](#)
- [Admission Prices](#)
- [Directions to Convention Centre](#)
- [Parking](#)
- [Public Transit](#)
- [Accessibility](#)
- [Exhibitor Services](#)
- [Contact Us](#)
- [Whole Life Expo 2007](#)
- [Whole Life Expo 2006](#)
- [Whole Life Expo 2005](#)
- [Home](#)

Saturday Speakers - November, 15th, 2008

Lecture Hall 205	Lecture Hall 206	Lecture Hall 203	Stage One	Stage Two
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Lecture Hall 205



11:30am - 12:45pm
ADRENAL AND THYROID REJUVENATION
 with Ahmad Nasri (MD Dom.Rep), HD, MBF

This is an indepth discussion of how to deal with the 21st century epidemic of thyroid and adrenal fatigue. More and more people are suffering from fatigue, stress, depression, and premature aging. Dr. Nasri will explain how to distinguish symptoms, properly test hormonal levels, and the most natural approach to treating these conditions without relying on drugs. Adrenal extracts, desiccated thyroid, and other nutritional medicines will be discussed.

Available afterward at **NASRI INTEGRATIVE MEDICINE** booth 177,178 for questions.

[Back to top](#)



1:00pm - 2:00pm
SECRET TO PERFECT HORMONE HEALTH – EAT RIGHT FOR YOUR METABOLIC TYPE
 with Dr. Cass Ingram, Bsc, D.O.

Learn the hormone connection for perfect health. Discover your body type and find out what you can do to reverse major diseases and how to prevent them. Discover how to gain powerful energy using the simple methods Dr. Ingram will share. You will learn secrets to permanent weight loss and maintaining your ideal body shape forever. Hormonal health is a critical and often latent factor in your health. Find out if your hormonal body type has been wreaking havoc with your health. Are you or your loved ones unknowingly suffering needless conditions that can easily be prevented?

Available afterward at **HOOPERS PHARMACY** booth 57 - 64 for questions and booksigning

[Back to top](#)



2:15pm - 3:30pm
ABDOMINAL FAT, BLOOD SUGAR, AND INSOMNIA - WHAT'S THE CONNECTION?
 with Dr. Kate Rhéaume, ND

How is abdominal fat different than fat in other areas of the body? Why do we sometimes wake up in the middle of the night and can't get back to sleep – especially after menopause? Join Dr. Rhéaume to learn the answer to these questions and more. This discussion will feature information about PGX Daily, a natural supplement that controls and balances blood sugar, lowers the glycemic level of foods by up to 50%, and lowers cholesterol.

Available afterward for questions at **SMITH'S PHARMACY** booth 81 - 83.

[Back to top](#)

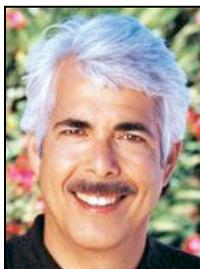
3:45pm - 4:45pm

DETOXIFICATION – AN URBAN SURVIVAL GUIDE*with Dr. Jozef Krop, MD*

According to the Canadian Medical Association, 21,000 Canadians will die this year from pollution. Hundreds of thousands more will require medical treatment. What this staggering new statistic reveals is that society must prepare for an increase in pollution related diseases such as fibromyalgia, diabetes, obesity, heart disease, high blood pressure and cancer. In this lecture, medical pioneer Dr. Krop will explain the secret to longevity in the 21st Century – which pollutants you should be worried about, how to avoid them, and how you can detoxify from the daily onslaught of poison that you cannot avoid.

Dr. Krop is one of Canada's best known practitioners of patient-based medicine, having fought for patient's rights in a landmark case at the College of Physicians and Surgeons of Ontario in the 1990s. He is author of *Healing the Planet, One Patient at a Time*, and is currently practising environmental medicine in Mississauga, Ont.

Available for booksigning afterwards at SAUNARAY booths 42, 43.

[Back to top](#)

5:00 pm - 6:15pm

FROM ASTHMA TO CANCER – HEALING 21ST CENTURY IMMUNE DISORDERS*with Elson M. Haas, MD*

As a clinical integrated medicine practitioner for 35 years, Dr. Haas has witnessed the downfall of health caused by the stress of modern living, chemical exposure, processed foods, drug therapy, and the overuse of vaccines. Both immune and auto-immune problems are exploding – from allergies, asthma, and Hashimoto's Thyroiditis, to arthritis, and cancer. As the author of many books, including *Staying Healthy with Nutrition*, *Dr. Haas, The Detox Doc™*, will present his philosophy and practical approaches for preventing and correcting these all too common problems.

Available afterward for questions and booksigning at CANADIAN SCHOOL OF NATURAL NUTRITION booth 181 for questions.

[Back to top](#)

6:30 - 7:15

EMBRACING THE SHAMAN WITHIN:*with Gaisheda Kheawok*

In the tribal traditions, the seers, shamans, mystics and healers of all philosophies have embraced and honoured the soul via energy medicine as an ancient form of healing and empowerment. Exploring the wisdom of energy medicine and embracing the shaman within, we will celebrate the re-emergence of traditional tribal forms of healing and everyday living via sound, images and soul! Gaisheda Kheawok is a leader of earth-based

spirituality based on Celtic and tribal traditions. A pioneer in the field of Soul-Based Energy Medicine™, she is an honoured member of the Seneca Indian Historical Society, and Founder and Executive Director of the Whispering Song Teaching Lodge.

Available afterward and throughout the weekend at WHISPERING SONG TEACHING LODGE booth 161 for questions.

[Back to top](#)**Lecture Hall 206**

12:00 - 1:00 pm

AYURVEDIC BEAUTY – PRESCRIPTION FOR A LIFETIME OF HEALTHY YOUTHFUL SKIN*with Kristen Ma*

Are you looking for effective holistic solutions to your skin problems? Whether it is acne, rosacea or just dry skin and wrinkles – beautiful skin



begins with your health. Learn how to create a routine of diet, Ayurvedic herbs, vitamins, skincare, exercise, and treatments for a balanced and healthy life. Learn how to customize a routine to your special characteristics and unique goals. Kristen Ma, co-owner of Pure + Simple, is an Esthetician, Certified Ayurvedic Practitioner, and writer, recently publishing a book on Ayurvedic and Natural Skincare. She was voted Best Facialist in Toronto Life's Best of Toronto and in NOW magazine's

Best in Toronto.

Available afterwards at PURE + SIMPLE booth 91,92 for questions.

[Back to top](#)

1:15 - 2:15 pm

HOLLYWOOD'S HOTTEST COSMETIC AND HEALTH LASER SECRETS

with Dr. Shirley Zabol, ND, BScN, BApsy

Soft Laser MI6 is an amazing non-invasive laser treatment that can make you look younger and healthier. This treatment involves healing the whole body combining accupoints with full spectrum colours and specific frequencies. Thus, three healing modalities work at the same time for a total body healing. This process combined with super nano silver and gold based serums is known to stimulate stem cell production with amazing results. Come and learn how you can look years younger and healthier with this exciting treatment that has Hollywood buzzing!

Available afterward for questions at BIOTRONIX booth 21.

[Back to top](#)

2:30 - 3:30pm

VITAMIN C – TOTAL BODY SUPPORT

with Tracy Malone, ND

Come and learn how vitamin C can help to support heart health, eye health and the immune system. Join Tracy Malone on a guided tour through the benefits of vitamin C and the advantages of Ester C, a unique, patented form of vitamin C. If you are under stress, worried about heart health, suffer from frequent colds or 'flu or just interested in learning more about how to support your good health, this lecture is for you!

Available afterward at SISU INC booth 89 for questions.

[Back to top](#)

3:45 - 4:45pm

PREVENT AND EVEN REVERSE DEGENERATIVE DISEASE

with Jerry Zeifman



Come and hear about the foundational raw materials that must be consumed in the right form, quality, and quantity in order to fuel optimal biochemistry. Find out which foods can help you reverse degeneration and aging, prevent metabolic syndrome, increase energy and vitality, and provide you with the necessary precursors for endocrine and overall hormonal balance. Learn about the role of insulin resistance and inflammation as underlying causes of disease.

Available afterward at ADVANTAGE HEALTH MATTERS booth 54,55 for questions.

[Back to top](#)

5:00 - 6:00 pm

CLEANSE AT THE CELLULAR LEVEL

with Bev Maya

Are you ready to detoxify your body and rejuvenate your lifestyle? Detoxification is the single most important process the body can do to restore itself to good health. We often think of cleansing organs like the liver or bowel, but cellular cleansing gets to the root of every concern such as fatigue, headaches, gas and bloating, poor digestion, sleeplessness, mood swings, irritability, pain, inflammation, and skin problems. Learn to cleanse at the cellular level with Flor.Essence 25 Day Cleanse and experience deeper sleep, fewer headaches, bowel regularity, healthy weight loss, and more energy while detoxifying and regenerating all the cells of your body.

Available afterward for questions at FLORA booth 90.

[Back to top](#)

6:15 - 7:15pm

THE POWER OF PARTNER-ASSISTED MEDITATION

with Colleen Santini Noyes

This is an interactive event where people will be introduced to the revolutionary power of partner-assisted meditation after an introduction and presentation. This method uses the Eastern Zen approach coupled with the powerful tools of western communication.

Available afterward at STARLIGHT TRUTH ADVENTURE RETREATS booth 220 for questions.

[Back to top](#)

Lecture Hall 203



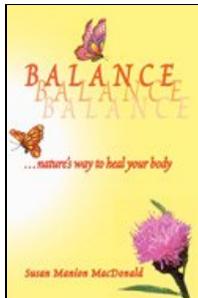
11:30am - 12:45pm

DEFEATING CANCER THE NATURAL WAY – ONE WOMAN'S STORY OF RECOVERY

with Susan MacDonald

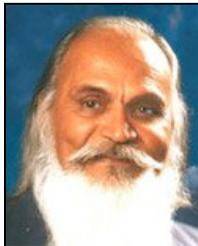
Susan was diagnosed with terminal cancer in 2002, a day that would change her life forever. As she began researching every aspect of her disease (Stage 4 lymphoma), Susan began to understand why her body had descended into that dreadful state. As a result of her new insights, she began a detoxification and nutritional support program, and during this difficult struggle that lasted a year, she was healed. She continued her research and turned it into a book, *Balance: Nature's Way to Heal Your Body*, a bestseller in Eastern Canada. Come and hear Susan talk about her amazing journey and how anyone can use her ideas to

improve their own health.



Available afterward for questions and booksignings at ETERNAL MOMENT BOOKSTORE booth 253 - 255 for questions and booksignings. This is the official launch of *Balance* in central Canada.

[Back to top](#)



1:00pm - 2:00pm

ALL YOUR ISSUES ARE IN YOUR TISSUES

with Hermann Muller, AIBMAPT

What is BodyMind wellness? It is decoding the priceless wisdom of your body. You will experience an amazing 5 step method that will transform your life forever. Hermann will demonstrate how the power of thoughts creates the 'shape you are in'. He teaches a series of courses called The Magic of BodyMind Communication® which includes The Art of Reading Faces, BodyMind Analysis, Language of the Hands, and Emotional Anatomy.

Available afterwards for questions at the AUSTRALASIAN INSTITUTE OF PSYCHOSOMATIC THERAPY booth 109

[Back to top](#)



2:15pm - 3:15pm

CURING CHRONIC PAIN WITH ACUPUNCTURE & ETPS THERAPY



with Bruce Hocking, PhD, DAC (MDMA)

ETPS is a hybrid therapy integrating acupuncture and trigger points, myofascial release, structural realignment, and deregulation of the neural system for a complete treatment of chronic pain. This lecture will investigate the primary causes for chronic pain, and demonstrate the efficacy of ETPS in resolving these causes with easy to use protocols.

Available afterward at ACUMED MEDICAL booth 96,97

[Back to top](#)

3:30pm - 4:30pm

TRANSDERMAL MAGNESIUM - KEY TO HEALTHY LONGEVITY

with Dale and Linda Bolton

Come and discover the amazing benefits of transdermal magnesium gel and oil, a concentrated magnesium chloride made from sea water. Dale and Linda will also reveal how magnesium deficiency can contribute to many symptoms of disease such as fibromyalgia, migraines, low bone density, high blood pressure, type 2 diabetes, anxiety, PMS, and more.

Available afterward for questions at NATURAL CALM CANADA booth #33.

[Back to top](#)



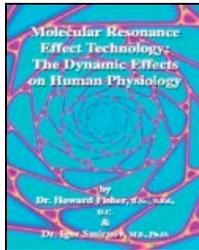
4:45pm - 5:45pm

THE CELL PHONE RADIATION THREAT

with Dr. Howard W. Fisher, B.Sc., B.Ed., M.B.B.S., D.C.

Internationally renowned author, Dr. Howard Fisher is on a mission to educate and enlighten the world about toxic factors that exist in our environment and their direct relationship to our health. In light of current research, we must become aware of the potential risks faced daily from electromagnetic radiation. We will explore the established relationship between EMFs and cancer, leukemia, hormonal dysfunction, miscarriage, and a growing list of related neurological disorders. Educated intervention is necessary for our children and ourselves to achieve optimal health in this wireless world.

Available afterward at BIOPRO booth 182 for questions and booksignings of Dr Fisher's 2 reference books on the subject.



[Back to top](#)



6:00pm - 7:00pm

HEALING EMOTIONS WITH ENERGY MEDICINE

with Pete Bernard, Algonquin Shaman

Once you connect with an emotion you'd like to work on, Algonquin Shaman Pete Bernard will assist with clearing the energies that come with it. This emotion can begin a process of healing so that anytime it presents itself, it flows rather than being stored in the body. Come to a live demonstration involving one or two volunteers. Pete has been studying Shamanism for 26 years and offers training at his 8th Fire School of Algonquin Shamanism in Ottawa, Toronto, and Edmonton.

Available afterward at SHIATSU BY SHER booth 122.

[Back to top](#)

Stage One

11:30am - 12:30pm

SOUND TECHNOLOGY FOR SUPERLEARNING AND MEDITATION*with John Clyde Franz*

Discover a sound technology that synchronizes the brain's hemispheres, facilitates learning, meditation, and sleep by entraining (using two different frequencies) individuals in beta, theta, and delta brainwave states. Beta is used by educators and health professionals for superlearning, focusing, memory, concentration and help for ADD-ADHD, autism, and other learning challenges. Theta is used for meditation, relaxation, and massage. Low delta is used for sleep and high delta is used for deep meditation and enhanced awareness.

Available afterward for questions at MONROE PRODUCTS HEMI-SYNCH booth 215.

[Back to top](#)



12:45 - 1:45pm

TRANSFORM YOUR LIFE BY RELEASING YOUR NEGATIVE EMOTIONAL IMPRINTS*with Luciana and Daniel Stan*

Begin the journey towards a new you! How would you like to let go of all your emotional baggage from the past, release all your anger, fear, guilt, and all your limiting beliefs? You can do all that and much more through the power of Time Line Therapy. Come and join us for a short introduction to this powerful technique.

Available afterward for questions at LUCIANA'S CRANIOSACRAL HEALING CENTRE booth 99.

[Back to top](#)



2pm - 3 pm

"THE WAY" TO LASTING HEALTH, WEALTH, AND HAPPINESS*with Joe L. Gaskovski*

For thousands of years through mysterious parables, a few enlightened souls illuminated the path to lasting health, wealth, and happiness. Today Joe will explore the meaning behind some of those un-secrets, and also how modern science and current research support them. Discover the simple and elegant truths that enable ordinary people to achieve great things. Joe is president of the Gaski Performance Group, a featured writer on the topic of personal and professional success for Status Magazine, and an instructor for Leadership and Self Management at Seneca College.

Available afterward for questions at GASKI PERFORMANCE GROUP booth 145.

[Back to top](#)



3:15pm - 4:00pm

HIPPOCRATES AND GREENS – WHAT'S SIMPLE IS TRUE*with Michael Bergonzi*

Hippocrates Health Institute has been the foremost authority in the field of wheatgrass and its benefits over the past 50 years. The high chlorophyll content of wheatgrass and green juice causes increased hemoglobin production in the body which carries oxygen to the blood cells. This has a number of health benefits including purification of the blood, improved blood sugar levels, higher brain functions and helping combat environmental toxins and heavy metals. Many people cite wheatgrass juice as having a cancer preventing properties due to its carcinogen and toxin neutralizing abilities. Through the healing of the mind and body, the Hippocrates Health Institute continues to teach their

guests how to follow a healthier diet and have a higher consciousness in today's busy society.

Available afterward at HIPPOCRATES booth 117 for more information.

[Back to top](#)



4:15 - 5:00pm

ANTI-AGING, INFLAMMATORY CONDITIONS, AND WEIGHT LOSS – LATEST DISCOVERIES*with Stephanie Herrera*

Aging and inflammatory illnesses have been directly linked to an inadequate amount of the master antioxidant Glutathione and since 1994, we've known of a direct connection between weight gain and an imbalance of the hormone Leptin. Discover the newest natural supplementation, scientifically proven, to return your cells back to what they were at age 20, as well as the quickest and most effective way to lose weight. Stephanie is a certified PT and Lifestyle and Weight Management Coach.

Available afterward for questions at MAX INTERNATIONAL booth 207.

[Back to top](#)

5:15pm - 6:00pm

WHAT'S EATING YOU?*with Evelyn Krpan*

Listeriosis, E. Coli, Salmonella, MRSA – unnecessary illness and death from these food and airborne parasites is preventable. Learn to protect your family with herbal remedies and food Zepicators. Furthermore, the alarming increase in the use of Aspartame is causing limb loss, diabetes, and obesity. Come and hear about solutions to 7 of our most difficult diseases from autism to M.S. Hear about one man's successful battle to beat colorectal cancer without surgery, radiation, or chemotherapy.

Available afterward for questions and free demos at booth 10.

[Back to top](#)



6:15 - 7:00 pm

HOW IS YOUR KARMA?*with Erik Valdman*

Your current health, relationships, business and financial success depends on the state of your Karma. Experience the energy of self regulation, health and success, learn the tools you can use to better your Karma. Erik Valdman is a Medical Intuitive, teacher, and the author of Karma Secrets - To Awaken Your Gifts and Live your Life's Purpose, Healing Yourself and Inspiring Others!

Available throughout the weekend at ART OF BIM booth 108.

[Back to top](#)

Stage Two

11:15am - 12:00pm

SOOTHE, REJUVENATE AND DETOXIFY WITH THE AMETHYST BIOMAT*with Koi Neah*

Awaken your body with the healing power of the Amethyst Bio Mat. With its unique combination of bio-technologies that support the body's natural healing mechanism, the Bio Mat offers relief from pain, stress, and toxicity while improving circulation and immune system function.

Available afterward for demonstrations at AMETHYST BIOMAT booth 204.

[Back to top](#)



12:15 pm - 1:15 pm

BODY ALIGNMENT THERAPY*with Anja Orom, RN, Homeopath, BAT practitioner*



Come and discover a structural engineer's approach to the human body. Every day, our skeletal system (bone structure) goes through a lot of stress. Gravity alone is a stressor on the spine! BAT not only realigns the pelvis and spine, but in so doing relieves the nervous system of undue stress, which in turn has a positive effect on body organs and functions, resulting in a pain-free, more energetic and well functioning you. Anja will cover the origin of BAT, describe a treatment, and talk about its positive ripple effects.

Available afterward at ASSOCIATION FOR REGISTERED HOMEOPATHS OF ONTARIO booth 175.

[Back to top](#)



1:30 - 2:30pm (CF08)

SILENT HEALER – THE TRUTH ABOUT STABILIZED ALOE VERA
with James Connell

Forever Living Products is the largest grower, manufacturer and distributor of aloe vera health and beauty products. We own numerous patents for the stabilization of aloe vera. To ensure our stabilized aloe vera is the finest available, we've vertically integrated our entire aloe process. We were the first to receive the international Aloe Science Council Seal of Approval for consistency and purity. Many of the aloe products also feature the Kosher and Islamic Seals of Approval. We will show you the natural ways to prevent illness by using our prestigious Aloe products.

Testimonials and demonstrations available at FOREVER LIVING booth 188.

[Back to top](#)



2:45 - 3:45

HEALTHY COOKING, BAKING AND EATING
with Joel Thuna, MH

The food we eat is the foundation on which everything is built. What we choose to eat (and don't eat) is of paramount importance to our health. Unfortunately many foods and ingredients available to us are unhealthy. Even foods from health food stores can have "undesirables". Explore simple ways you can improve the food you eat with readily available ingredients to create completely healthy meals without compromising taste or enjoyment!

Available at PUR-LE NATURAL booth 84,85 for questions.

[Back to top](#)

4pm - 5pm

NAMIKOSHI SHIATSU HEALING
with Lynn Kirk

Come and experience the style of shiatsu practised by the Shiatsu Diffusion Society, known as Namikoshi Shiatsu. The benefits of shiatsu will be explained, emphasizing how it sedates the fight/flight response and stimulates the rest/digest response, making it an important therapy in preventive medicine. Learn about the ongoing efforts to have shiatsu regulated by the Ontario Ministry of Health so that it can become accessible to more people.

Available afterward for questions and treatments at booth 139.

[Back to top](#)



5:15pm - 6:00pm

TOP "PASSIVE" ANTI-AGING SECRETS
with Isabelle Bettese, MA, Ecs

With age, wrinkles are optional! Natural health through vanity is a powerful motivator and it can make you feel, look younger and live happier! Come and see Isabelle Bettese (M.A, Ecs), President of Bio+



Sources, as she is thrilled to share with you her revolutionary groundbreaking anti-aging secrets! Imagine the power of a winning and “lazy” holistic system that makes you younger and healthier...even while you sleep. Your friends might ask if you’ve had Botox or fillers done.

Available throughout the weekend at BIO+ SOURCES booth 37 for questions.

[Back to top](#)

6:15 - 7pm

MIRACULOUS HEALING POWER OF QI GONG

with Master Teresa Yeung

Chinese Qi Gong is an ancient art of self-healing practised by millions in the world. Master Teresa Yeung, who received the World Organization of Natural Medicine Award in 2006, and the only successor to Grandmaster Weizhao Wu, will introduce the concepts, methods, and healing techniques of Chinese Qi Gong. She will give hands-on Qi building demonstrations and will send her Qi to all present to Feel the Qi, to re-energize and balance their body.

Available after at WU & YEUNG QI GONG WELLNESS INSTITUTE booth 135.

[Back to top](#)

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Sunday Speakers - November 16th, 2008

Lecture Hall 205 Lecture Hall 206 Stage One Stage Two Lecture Hall 206 E,F

Lecture Hall 205



11 am - 12:00 pm

HOW BALANCE AND HARMONY RELATE TO DENTISTRY with Dr. Dana Colson, DDS

This lecture looks at how far dentistry has progressed in the past decade. We can now use ozone to recalcify teeth, helping to eliminate root canals and extractions. Minimally invasive dentistry is micro dentistry, maintaining as much tooth structure as possible. Metal-free dentistry is now within the reach of everyday dentistry. We use Perioprotect to help create healthier tissue and give challenged teeth a chance for increased longevity. Homeoblock is used to improve facial symmetry. The mouth-body connection is significant in helping eliminate diabetes and heart disease while preventing the spread of bacteria in the body. You are

never too old to improve your smile.

Available afterward at **WELLNESS BASED DENTISTRY** booth 119,120 for questions.

[Back to top](#)



12:15pm - 1:30pm

THE POWER OF RAW WILD EXTRACTS with Dr. Cass Ingram, BSc, D.O.

Learn the secrets of staying healthy in a changing world with raw wild extract. Learn to fight disease with powerful antioxidants, live enzyme and phytochemical blends. Berry extracts are powerhouses known to prevent and even reverse cancer by preventing cell mutation. The latest research indicates that wildcrafted raw extracts have health benefits such as increased energy, weight loss, muscle strength and mental clarity. Discover how "raw" and "wild" makes a quantum difference in the effectiveness of berry extracts. Come and find out about nature's most powerful solutions to today's challenges.

Available after at **HOOPERS PHARMACY** booth 57 - 61 for questions.

[Back to top](#)



1:45pm - 2:45pm

LIVE FOOD AS A CURE FOR DIABETES with Gabriel Cousens, MD

While type-II diabetes is commonly thought of as incurable, world-renowned doctor Gabriel Cousens asserts otherwise. In his program and new book, *There Is a Cure for Diabetes: The Tree of Life 21-Day+ Program*, Cousens presents a breakthrough approach: reverse type-II diabetes through practical changes in nutrition and well-being in 21 days. His revolutionary new approach shows incredible results: medication use

ceases within four days and many people have fasting blood sugars of less than 100 after three weeks. This talk presents simple dietary principles for recipes of low-glycemic and low-insulin-scoring meals that go hand in hand with the psycho-spiritual approach the author developed to help diabetes sufferers free themselves from disease, and debunk the myth that diabetes is incurable.

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have been recorded
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CLICK HERE

Available afterward at UPAYA NATURALS booth 35,36 for questions

[Back to top](#)



3:00pm - 3:45 pm

THE OXYDRATING QAW STIRWAND FOR PROACTIVE WELLNESS
with Glen and Stephanie Halina

In this presentation, Glen and Stephanie will describe how the water we drink can once again become an ally in our quest for wellness. The Quantum Age Water Stirwand – a new and unique fountain pen sized quantum device – gives everyone the opportunity to increase their wellness by overcoming the detrimental effects of unintentional chronic dehydration. Take a walk on the Oxydrated Side of the Street.

Available afterward for questions at FRACTAL TRANSFORMATIONS INC/STIR'N GO booth 46.

[Back to top](#)



4:00 - 5:00

KUNDALINI YOGA AND NATUROPATHY FOR ADDICTION RECOVERY
with Sat Dharam Kaur, ND

Do you have unhealthy habits you would like to change? Cravings you would rather not have? Sat Dharam Kaur will guide you through Kundalini Yoga exercises and meditations to help eliminate cravings, change habitual thought patterns, balance your glands, strengthen your nerves, and connect you to your spiritual identity. You will learn which foods to eat, herbs to use, and supplements to take to help overcome addictions to alcohol, caffeine, smoking, marijuana, other recreational drugs, and sugar.

Available throughout the weekend at booth 107B.

[Back to top](#)

Lecture Hall 206

11:15 am - 12:15 pm

IT'S A MAD MAD WORLD – ALTERNATIVES TO TOXIC TREATMENT FOR MENTAL HEALTH
with Talya Rotem, MA, CNP

Society is mad! Prescription medication is the standard allopathic approach to mental illness. Most people accept this, along with the side effects, when treating their mental illness. We ignore the fact that allopathic treatment failure is above 30%. In contrast, Orthomolecular Medicine has a success rate of over 70%. Learn why this approach is becoming more widely accepted in the treatment of mental health.

Available afterward for questions at INTERNATIONAL SCHIZOPHRENIA FDN. booth 154 for questions.

[Back to top](#)



12:30 - 1:30 pm

PREVENTING AND TREATING CANCER WITH TRADITIONAL CHINESE MEDICINE
with Mary Xiumei Wu

Come and learn about the prevention and treatment of cancer from a TCM perspective. TCM is a comprehensive medical paradigm with its fundamental theory, unique diagnostic methods and treatment modalities including acupuncture, herbal medicine, tuina massage and taiji qigong. Billions of people have benefited from TCM for health promotion, disease prevention and treatment. For cancer patients, TCM helps to strengthen immunity, improve energy and spirit, alleviate pain and benefit digestion. It reduces the side effects of chemotherapy and facilitates recovery from surgery. Mary Wu has over 20 years of clinical, teaching and research experience. She is president of the Toronto School of Traditional Chinese Medicine and supervises at the school teaching clinic. She is also engaged in private practice in Toronto.

Available afterwards at TORONTO SCHOOL OF TRADITIONAL CHINESE MEDICINE booth 151.

[Back to top](#)

1:45 pm - 2:45pm

POWER OF LIVE FOOD TO HEAL DISEASE AND CONQUER AGING
with Dr. Brian Clement, PhD

In this lecture, Dr. Clement will address the half century of work on disease and longevity conducted at the renowned Hippocrates Institute. Cancer, cardiovascular disease, diabetes, MS, ALS, Parkinsons, fibromyalgia and more can be altered, prevented, and at times conquered with phyto-chemicals, antioxidants and other nutrients consumed on a diet of organic vegan living food. Dr. Clement will explain the basic science and extraordinary mechanisms that bring about a heightened and balanced immunity. Hundreds of thousands worldwide share enthusiasm in their greatly improved health by utilizing unprocessed green foods. One of the exceptional benefits acquired from this powerful cuisine is longevity.

Available afterwards for questions at HIPPOCRATES INSTITUTE booth 117.

[Back to top](#)

3:00 - 4:00pm

WHAT DO YOUR EYES REVEAL ABOUT YOUR HEALTH?*with Roberta Villalla, RHN, RNCP, IRID*

Come and be informed on what your eyes can reveal about your health through Iridology and Sclerology with this informative session on how quickly hidden causes of health problems can be seen. Iridology and Sclerology are the study of colourings and markings in the eyes and how they relay important information about your health such as: early warning that can prevent disease processes; level of health and genetic strength; thought/emotional (psychological) patterns; genetic strength and inherent weakness; and more. You will be amazed to see the eyes truly are the window to the soul! Discount voucher to all who attend session.

Please visit us afterward at booth 118.

[Back to top](#)

4:15 - 5:15pm

INCREASE YOUR LONGEVITY WITH PLANT DERIVED COLLOIDAL MINERALS*with Dr. Joel Wallach, BSc, DVM, ND*

Discover how early warning signs can alert you to hidden nutritional deficiencies before they inflict permanent harm, and find out how to respond to these warning signs with a simple, structured protocol of essential nutrients based upon plant derived colloidal minerals. Learn why these minerals are so effective in restoring your body even after prolonged periods of nutritional deficiency.

Available afterward and throughout the weekend at CANADIAN YOUNGevity booth 240,241.

[Back to top](#)**Stage One**

11:15am- 12:15p

EATING FOR YOUR BIOLOGICAL INDIVIDUALITY*with Gabriel Cousens, MD*

Conscious eating begins with eating to enhance one's communion with the Divine, and as Gabriel Cousens, MD, says in Conscious Eating, "Food is a love note from God." There is a basic blueprint for the cuisine that uplifts consciousness to the level of optimal experience for the individual and the planet. Within that, with over 30,000 gene variations and each of us being unique, knowing how to combine western scientific with eastern traditional systems for determining your biological individuality is key for life-long enjoyment of conscious eating.

Available after for questions at UPAYA NATURALS booth 35,36.

[Back to top](#)

12:30 pm - 1:30 pm



BUILDING A STRONG IMMUNE SYSTEM WITH PROBIOTICS

with Dr. Claude Gallant, PhD, and Joel Thuna, MH

The recent Listeria outbreak was one more reminder that we need to all have strong immune systems to be healthy. Probiotics are a vital component of a proper functioning immune system. But not all probiotics are created equal. Join Dr. Claude Gallant, PhD, and Joel Thuna MH in a discussion of the differences in probiotic quality and efficacy as well as learning about other companion supplements and the optimal immune program for life-long immune system health.

Available afterward for questions at PUR-LE NATURAL booth 84,85.

[Back to top](#)



1:45 pm - 2:30pm

WHOLE LIFE HEALING WITH THE ASCENDED MASTERS

with Craig Nicholson

Our health is the end result of our past thoughts, feelings and physical care. The Ascended Masters (and Lady Masters) have "been there, done that" and now see us as we really are, as amazing holistic beings, stuck in our self-limitations, karma and worldly environment. Come and share in their ancient and modern wisdom. Balance your life. Tap into the energy that is at the core of all healing. Get practical and spiritual tools for holistic health.

Available throughout the weekend at THE TORONTO TEACHING CENTRE booth 170

[Back to top](#)

2:45pm - 3:45pm

THE END OF SUFFERING

with Pete Bernard, Algonquin Shaman

We don't need to tell our story over and over. Each time we do this we re-live the trauma. Our body doesn't know if it's real or not. Our personality is a reflection of our wounds. We can only raise our vibration as high as our deepest wound. The teachings of Algonquin Shaman Pete Bernard provide a structure for ethical training and a solid foundation for all types of healing work. It is clean, no problems, no drama.

Available afterward for questions at SHIATSU BY SHER booth 121.

[Back to top](#)



4:00pm - 5:00pm

VIBRATIONAL HEALING WITH RADIONICS

with Dr. Nicholas Ashfield, DC

This demonstration of the science of radionics will introduce you to the world of vibrational medicine. Energy blocks on the spiritual, mental, and emotional planes will be analyzed and treated with radionics, using volunteers from the audience. Nicholas Ashfield is a practitioner and teacher of radionics, and founder of the Soul Group Project.

Available afterward at TORONTO HEALING ARTS CENTRE booths 250, 251

[Back to top](#)

Stage Two



11:30 am - 12:15 pm (CF08)

VEGETARIAN BODYBUILDING 101

with Wade Lighthead, CSNA

Wade Lighthead, CSNA, is living proof that you can build the body of your dreams without using toxic, addictive chemicals. This International Natural Body Building Champion, Fitness Author, Elite Athletic Trainer and Nutritional Coach has helped thousands of individuals transform their health and improve their lives by adopting his "7 keys to Optimum Health and Vitality". Join Wade for an engaging presentation about his winning



health formula which includes Sun Warrior Raw Vegan Protein, Precision Probiotics, Cellerciser Rebounding, and Kangen Alkaline Water.

Available afterward for questions at RAW ELEMENTS INC booth 75.

[Back to top](#)



12:30 pm-1:15pm

FREQUENCY MATTERS – THE SCIENCE OF BIO-RESONANCE
with Susan DeBoer, MSc, BSc

Learn why energy medicine is here now. Discover the importance of low-intensity pulsed electromagnetic field applications on the body. Low level frequencies assist your body's daily natural cleansing and repair cycle by optimizing the function and healing capacity of every cell. Review the most advanced, reliable, and safe European technology with over 1,000 scientific studies. This documented and widely used form of low-intensity pulse supports the body by increasing oxygen up to 200%, while enhancing detoxification, nutrient absorption, bone density, and more.

Available for questions at HEALTH TECHNICIANS CANADA INC booth 191.

[Back to top](#)

1:30 pm - 2:15 pm

POLARITY THERAPY: THE ROLLS ROYCE OF THERAPY
with Victoria Lorient-Faibish, MEd, RPP

Join Victoria Lorient-Faibish, MEd, RPP, Holistic Psychotherapist, in an exploration of some key aspects of Polarity Therapy. Psychology, astrology, bodywork, and the chakras – this magnificent therapy brings together the exploration of all these pieces. Explore the language of astrology and how it relates to your body and mind. Journey through the Chakra system and we will interpret various physical, psychological, and spiritual symptoms.

Available afterward at ONTARIO POLARITY THERAPY ASSN booth 106.

[Back to top](#)



2:30 pm - 3:15pm

GETTING TO KNOW YOUR SPIRIT GUIDES
with Dave Lanyon

"Get to know those who know you so well". What are spirit guides? How many do you have? Have you met them before or are they beings you have never met? Come and learn more about your guides! Presented by Dave Lanyon, Mental Health Therapist, initiated Viking, Celtic, and Egyptian Shaman. Ordained Minister and Chief instructor of the Rocky Mountain Mystery School Canada.

Available afterward for questions at ROCKY MOUNTAIN MYSTERY SCHOOL 152, 153.

[Back to top](#)



3:30pm- 4:15 pm

REFLEXOLOGY – THE BETTER WAY
with Mary Kay Perris, CR, BA, MH

Come and get a feel for the ancient art of reflexology. See how you can benefit from a session. Learn what reflexology is all about and how it can fit into your lifestyle. See where different organs and parts of your body are reflexly related through your feet. Hear some great stories about reflexology. See you there.

Available afterward for questions at REFLEXOLOGY ASSN OF CANADA booth 144.

[Back to top](#)

4:30pm - 5:15pm



HEALING THROUGH CHAKRAS

with Dr. Ravi Ratan

Chakras are the energy centers, responsible for energy metabolism; are the transfer points for our thoughts and emotions. They affect the physical functioning of our endocrine glands and vital organs. Chakra activity is affected by mental and emotional state, when they are balanced we feel maximum vitality, health and body ecstatic. Daily stress can result in Chakra imbalances and physical, physiological and emotional disorders. Dr. Ratan explains how you can heal and balance Chakras with essential oils, crystals, energy work, yoga and meditation etc.

Available afterward and throughout the weekend at FM's AROMATHERAPY booth 242.

[Back to top](#)

Lecture Hall 206 E,F

11am - 11:45

APITHERAPY: HEALTH FROM THE BEEHIVE

with Oliver Couto, B.A.

Apitherapy has been called the Queen of Therapies because it involves homeopathy, aromatherapy, colour therapy, and phytotherapy. Bees visit over 2 million flowers in making a pound of honey! This talk will cover the basic apitherapy products such as honey, bee pollen, propolis, royal jelly, beeswax, and bee venom. How these 100% pure and natural products work scientifically and spiritually will be explained. Help for many ailments such as allergies, arthritis, rheumatism, tendonitis, MS, immune system deficiencies will be discussed.

Available afterward at THE BEE SHOP booth 3B.

[Back to top](#)

12:00pm - 1pm

QUESTIONS & ANSWERS ABOUT WIRELESS TECHNOLOGIES - Especially for Children

with Dr. Andrew Michrowski, PhD.

How do various devices affect users – what are their effects on memory and learning? What about the interaction between prescription drugs and microwave exposure? What impact do wireless technologies have in buildings, cars, and out on the street? These questions and yours will be answered in this dynamic and interactive lecture presenting up to date research from around the world.

Available afterward at the PLANETARY ASSN FOR CLEAN ENERGY booth 246.

[Back to top](#)

1:15 pm- 2:15pm

GLOBALIZATION AND SPIRITUALITY

with Isis Ament and Elizabeth Tara

Are these two things worlds apart or part of one world? Global warming ... increasing natural disasters ... the news of such calamities can be quite alarming and discouraging. You may ask "What is going on? What should I do?" In order to effect change on a global level, we must first work on changing ourselves at the individual level. We must become aware of the impact of the energies we express daily. Elizabeth and Isis dare you to be different and contribute to the evolution of a more authentic and peaceful world. Please join us. Everyone present will receive the gift of healing.

Available afterward for questions at ATLAN HEALING CENTRES booth 141.

[Back to top](#)

2:30pm - 3:30pm

DOWSING – BEYOND MAGICK!

with Rev. Alicja Aratyn, H.Eng.

Did you know that many successful entrepreneurs use dowsing to make decisions? Are your relationship, finances, and health in perfect shape? If you answered "no", come to Alicja's lecture to learn about the skill which will change your approach to life. From Atlantis to today, from science to metaphysics, from vibrations to colours – you will understand yourself. Dowsing, mostly known for

finding water, in reality provides solutions to all problems: relationship, business, finances – all you would ever want to know.

Available afterward for questions at ALICJA CENTRE OF WELLBEING booth 210.

[Back to top](#)

3:45pm - 4:45pm

PRANIC HEALING – REVOLUTIONARY ENERGY TECHNOLOGY

Pranic Healing is a comprehensive and systematic approach, based on 20 years of research, to the understanding of energy which underlies all living structures. As we work with the energetic blueprint of the living system, the healing process can be accelerated 70% or more, from headaches to anxiety and depression, from broken bones to allergies and cell regeneration. Learn more about this scientific breakthrough which is practised worldwide.

Come to the ONTARIO CENTRE FOR PRANIC HEALING booth 148 afterward for a mini session.

[Back to top](#)

5:00 - 5:30 pm

KARMA SECRETS
with Erik Valdman



"We can not be happy, healthy and successful unless we find a way to address our Karma!" Erik Valdman - Medical Intuitive, teacher, and the author of "Karma Secrets". Experience the Energy of Self Regulation, Health and Success. Learn the tools you can use to better your Karma. - To Awaken Your Gifts and Live your Life's Purpose, Healing Yourself and Inspiring Others!

Available afterward at ART OF BIM booth 108.

[Back to top](#)