



Speaker Roster

An Extreme Wellness Event

- 10:00** **WORLD OF NUTRITION: Turning Your Kitchen into the Healthiest Place on Earth**
Healthy food preparation has become a mystery for many, and the results of this lost art can be seen hanging over the belt buckles of way too large a percentage of our society. Health Coach and Natural Foods Chef, **Carla Trigo**, was born in Brazil and raised in Spain. Chef Carla spent years traveling through Europe and the Middle East to understand the food preparation approaches of some of the world's healthiest, most fit and ageless societies. Chef Carla is the author of 2 healthy nutrition books and has been featured on television programs throughout Spain and Latin America.
- 10:20** **BENT OUT OF SHAPE: How Your Posture May be Affecting Digestion, Elimination and Overall Body Mass**
The only connection between the brain and the digestive system—all body systems, in fact—are the nerves that run through the spine. In certain instances, bad alignment of the bones in your spine (called vertebrae) restrict, or completely stop, the flow of life-giving energy to the organs of your body. Join **Dr. Ali Morse**, a certified Doctor of Chiropractic, Vice President and Board Member of the NY Chiropractic Council – Manhattan District, specializing in spinal and postural rehabilitation, as she explains the almost miraculous results that occur when the flow between the mind and body are restored to optimal function through corrected spinal alignment and posture.
- 10:40** **Ovarian Cancer: In Search of the BRCA 1 Gene and Why You Care**
It seems that your pedigree, or family history as it were, as well as your age and genetics, has a lot to do with susceptibility to ovarian cancer. With statistics remaining constant for over 40 years, one out every four women diagnosed in the late stage of this stealthy disease will be given a depressing 15% rate of survival. With the Ovarian Cancer Risk assessment available only at Mt. Sinai and usually covered by insurance, early detection can raise the rate of survival to 90%. Join **David A. Fishman, MD**, a Professor and Fellowship Director in the Division of Gynecologic Oncology, Department of Obstetrics, who has authored some 230 scientific papers and has been named a *New York Times* Super Doctor, as he explains the mechanics of this disease and how you can beat the odds.
- 11:00** **THE HAMPTONS DIET: Lose Weight Quickly and Safely with this Breakthrough Approach to Nutrition**
Discover a long-term wellness approach to eating that can be used as effectively as the Atkins or South Beach Diets for weight loss, but represents a uniquely better approach to long-term health and well-being. **Fred Pescatore, MD**, *NY Times* bestselling author of *The Hamptons Diet* and one of the world's most highly visible diet experts, offers you a prescription for losing weight quickly while dining sumptuously. Dr. Pescatore's powerful weight-loss plan is inspired by the healthy lifestyles and demanding palates of the rich and famous Hamptonites. They don't starve nor do they consume tasteless meals. They look radiant, youthful and have an abundance of energy.
- 11:20** **Fear: How Emotion Influences the Prevention and Treatment of Cancer**
Arguably, there is no diagnosis that sends a chill of sadness and fear more than the big C—Cancer. This fear permeates the doctor-patient relationship and greatly influences the process of cancer prevention or treatment. Join **Charles F. Glassman, MD, commonly known as Coach MD** as he helps you make informed decisions so that you can choose what's right for you. Dr. Glassman is the author of the critically acclaimed book *Brain Drain* and has amassed a worldwide following on Facebook of over 100,000 fans. He has appeared on *ABC News*, *Bloomberg Radio*, *National Public Radio*, *Sirius/XM*, *Hay House Radio* with Wayne Dyer and *The Wall Street Journal Radio*.



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- 11:40 CLINICAL HYPNOSIS: Tapping the Unlimited Power of Your Subconscious Mind**
Your health, happiness, success and pleasure in life all stem from your ability to do the things you want and know you should. Unfortunately, for many, the pursuit of their heart's desires is an exercise in futility; the majority of our population is held back by doubts, fear and chronic indecision whittling away at our health and sanity while leaving us frustrated, stressed and unhappy. Join **Kazi Anam, MS, RPh, FASCP, C.Ht.**, a leading certified consulting hypnotist, bestselling author, pharmacist, health coach, researcher, executive life coach and motivational speaker who has been helping clients achieve their goals for over 25 years, as he shares the pathways to gaining control over the powerful undercurrents of your mind and life.
- 12:00 MAN ON FIRE: Controlling Inflammation and Regulating Hormones for the Prevention and Treatment of Cancer**
Swollen, aching joints, hot flashes and night sweats are not only related to menopause—they can also be related to cancer. Certain bioactive nutrients, however, have a powerful effect on these cancerous symptoms. **Mitchell Gaynor, MD**, and well-respected pioneer in the field of Integrative Oncology, will expound upon the importance of nutrition to provide the raw materials for the immune system to fight chronic disease. Dr. Gaynor's work has been featured in *Newsweek*, *USA Today*, *The New York Times*, *Healthy Living*, *Vegetarian Times*, and many other publications. He has also been a guest on *The Dr. Oz Show*, *Martha Stewart Show*, *Good Morning America*, *The Today Show*, *The Edge with Paula Zahn*, *Discovery Health*, *CNN*, and *Fox News*.
- 12:20 NATURAL SOURCE: The Natural Way to Fight Back Against Prostate, Pancreatic and Ovarian Cancer**
Recent research shows that the plant extracts discovered by Mirko Beljanski, PhD, an environmental medicine pioneer, inhibit the growth of cancer cells by inducing apoptosis, or cell cycle arrest. Research at Columbia University Medical Center and Kansas University Medical Center demonstrated the effectiveness of these botanical extracts against prostate, pancreatic and ovarian cancers as well as their synergistic action with various traditional treatments. Join **Sylvie Beljanski** (daughter of the late Mirko Beljanski, PhD, a biologist and biochemist who worked for over 30 years at the Pasteur Institute in Paris, France studying DNA replication and transcription) as she shares the revolutionary breakthroughs achieved at Natural Source International, a company that she founded which continues her father's research.
- 12:40 NATURAL SOURCE: How the Environment Affects Your DNA and Causes Cancer**
The normal structure of DNA is altered when exposed to pollutants in the environment. When these environmentally induced changes accumulate and persist, they may lead to unregulated cell growth and cancer. Mirko Beljanski, PhD, an environmental medicine pioneer, discovered two plant extracts that selectively target and destroy cells damaged by this process. This natural approach is effective against most cancers, regardless of the tissue of origin or the gender of the individual. Join **John Hall, PhD** who was awarded a Postdoctoral Fellowship in Dr. David Luck's Laboratory at Rockefeller University, researching Cell Biology, as he discusses the Beljanski® Approach to repairing DNA, based on over 50 years of research.
- 1:00 THE RICHARD LINCHITZ CANCER PANEL:**
This interactive panel will discuss the latest approaches, technology and breakthroughs in the area of human potential for healing the most challenging conditions as it entertains questions from the audience. Gain strength and empowerment from the exciting direction science is heading, from the world's leading experts. JOHN HALL, PhD; MITCHELL GAYNOR, MD; DONATO PEREZ GARCIA, JR., MD; DAVID A. FISHMAN, MD.



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- 2:00** **4 VITAL TESTS THAT CAN SAVE A LIFE: Yours or Someone You Love**
Over a lifetime, your heart will beat over 2.5 billion times. It will create enough energy to fly to the moon and back. It will pump 2000 gallons of blood over 60,000 miles of vessels every day, feeding each of your 75 trillion cells. It is, unquestionably, the hardest working organ of your body and can operate maintenance-free for as long as 125 years. Yet, with our modern lifestyle, the first sign of trouble for many is a catastrophic health event. Most people are able to name at least one person over 40 who they lost because of a heart attack. And from year to year, the national statistics are not getting any better. Join **Perry Frankel, MD**, a board-certified cardiologist and lipidologist at St. Francis Heart Hospital and North Shore LIJ as he presents 4 all-important tests for preventing vestibular imbalances, heart attacks and stroke. You could save a life. Yours or someone you love.
- 2:20** **EXERCISE AS MEDICINE: Bridging the Gap between Integrative Care and Fitness**
The M.O.G. (Medically Oriented Gym), is a community based fitness center that brings together the healing power of professionally directed exercise for the optimally well or chronically ill, and everyone in between. Working together with her husband **Mark Amir, PT, DPT, DipMDT** who leads a team of Physical Therapists and Clinical Exercise Physiologists, they use a multifaceted approach to address underlying causes to help people achieve their wellness and fitness goals. **Ilana Zablocki-Amir, MD** is board certified physician, who has spent the past fifteen years gaining extensive education in the fields of Integrative, Functional and Anti-Aging Medicine, which focus on a holistic model of patient care and disease prevention.
- 2:40** **VISUAL DYSFUNCTION: How It May Affect Your Concentration, Self-esteem, and Overall Success**
When what we see with our eyes is misinterpreted by our brain, this disconnection can frustrate our ability to be effective on many fields of endeavor, from relationships, to night driving as well as how effective we are in our chosen career. Learning disabilities and many physical, mental and emotional ailments can also be traced to problems with visual processing. Join **Dr. Joel Warshowsky**, author of *How Behavioral Optometry Can Unlock Your Child's Potential*, a Behavioral and Developmental Optometrist, Associate Clinical Professor and Optometric Consultant, as he sheds light on the subject of visual dysfunction and how it can be easily diagnosed and reversed through corrective lenses and vision therapy.
- 3:00** **GOING WITH YOUR GUT: Looking at the System of Digestion for the Cause to Modern Health Problems**
To think that the intestines have anything to do with skin blemishes defies logic. But that is exactly where most of the immune system is located—in that complex system of piping, bacteria, acid and villi, extending from the mouth to the anus. Its proper function is paramount to optimal health and, when stressed or inflamed, it becomes the place where much disease is born. Join **Alexis Hugelmeyer, DO** as she explains how your digestive system works and the miraculous transformation available when it's fine-tuned to optimal function. Dr. Hugelmeyer is the medical director and founder of the *Suah Center for Natural Health* in Riverhead NY; she is Board-Certified in Family Medicine and Osteopathic Manipulation with a focus on prevention and wellness through life-style modification.



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3:20 THE HORMESIS EFFECT: Why You Need Stress in Your Life

Although we have become accustomed to thinking of stress as being bad (or toxic) for us, a more accurate understanding is that stress can be quite beneficial. For many systems of the mind/body complex, on both physical and psychological levels, stress—manifested as something as minor as an irritating moment, or as serious as the contraction of a life-threatening disease—can be life-saving and growth-producing. **Jane G. Goldberg, PhD** one of the nation's leading authorities in the fields of psychoanalysis, psychological oncology and mind/body health, as well as the owner of La Casa Day Spa in Manhattan, will talk about the crucially important concept of hormesis, the stress that's good for you, and how to apply hormetic principles to your everyday life.

3:40 OZONE THERAPY: The Toxin Destroyer and Heavy Metal Remover

As a super-antioxidant, ozone destroys all toxins, viruses, bacteria, fungi and yeasts 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 disease, 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. He is internationally known for natural healing, nutrition, and bio-oxidative therapies.

4:00 HOT FLASHES: The Role Hormone Depletion Plays in the Symptoms of a Chronic Condition

Drenching night sweats, embarrassing hot flashes and mood swings are just some of the symptoms of hormone depletion experienced by women. Loss of muscle mass, energy, mental clarity and weight gain are those experienced by men. In many cases, Bioidentical Hormone Replacement Therapy (BHRT) can provide your body exactly what it craves as it helps slow the aging process—sometimes even reversing it. However, what seems like a menopause symptom can, at times, be caused by something else entirely. **Sergey Kalitenko, MD**, a well-known practitioner of holistic, functional and anti-aging medicine, will explain how a thorough exam can lead him to uncover underlying and misleading problems and help you attain robust youthfulness at any age.

4:20 THE BIOCHEMISTRY OF BEAUTY: A Nutritional Blueprint for Total Transformation

Said to be in the eye of the beholder, we're all able to recognize when someone radiates a healthy, beautiful glow from their very being. We may not understand, however, how the human body reacts to numerous stimuli from our environment so as to produce clear, taut and beautiful skin, a naturally thin and fit body, silky radiant hair as well as energy and vitality on the cellular level and from the inside out. Join award-winning beauty and health author **Kat James** who 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, can mastermind their own painless, dramatic transformation. Come find out why *SELF* magazine calls James "a master of self-transformation."

4:40 YOUR PATH TO HEALTHIER DENTISTRY: A Holistic Approach to Keeping Your Teeth for a Lifetime

Health-conscious people will be living longer, healthier lives. Keeping your teeth for that lengthily life can be a challenge. More than that, however, exposure to decades of mercury fillings, toxic root-canals, chronic gum disease, and whittling our teeth down to nubs for old fashioned crowns, can begin to challenge our physical wellbeing. Join **Dr. Alex Shvartsman**, a holistic and integrative dentist, and Naturopath, as he helps connect the dots between the mouth, chronic disease and overall health. Dr. Shvartsman is a graduate of the Alleman-Deliperi Center for Biomimetic Dentistry and author of *Your Path to Healthier Dentistry*. His natural artistic talents and passions for dentistry allow him to excel as a dentist and provide the latest technology and modalities to his patients.



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5:00 **THE THIRD GENERATION: Evolution of Insulin Potentiation Therapy in the Treatment of Cancer**

Some 400 doctors around the world have been taught the approach that helps inject 1000 x the medical dose into the cancer cell by manipulating the many receptors around its membrane. This very powerful and minimally invasive therapy has proved a lifesaver for the many patients of the Garcia family. Join **Donato Perez Garcia, Jr., MD**, as he shares what three generations of doctors have discovered, perfected and explored in the practice of IPT (Insulin Potentiation Therapy) and its effect on cancer and other degenerative diseases. Dr. Garcia has been named Medical Advisory in Research for the Health Committee LXII Legislature, Chamber of Deputies, United States of Mexico, and Government of Mexico. He practices in Tijuana, Mexico.