



## 5<sup>th</sup> Annual Alive! Expo Atlanta Lecture Line-Up

### Main Lecture Stage – Saturday - May 16, 2009

**12:00 - 12:50pm**      **Matt Hoots, *Green Builder***

**“Why It Pays To Go Green”**

An overview of all of the tax incentives and rebates given to businesses and homeowner for “going green” in GA

**1:00pm - 1:50pm**      **Michael Swartz**

**“Fighting and Avoiding Cancer” - Discover the 4 energies that can manifest as cancer.**

Michael will instruct attendees on how to identify and control the 4 energies that can manifest as cancer. He will present how to gain deeper insights and understandings into: 1) How the body works; 2) How energies and nutrition affect the body; and 3) How specific nutrients can work to alleviate symptoms or arrest the progression of conditions and diseases.

**2:00pm - 2:50pm**      **Dr. Gez Agolli, *ND, PhD***

**“Unlock the secrets to abundant living by unmasking the power of the Mitochondria”**

The mitochondria is the sparkplug within your cells. You were learn 7 habits that will unmask this tiny power house and live life with vitality and energy. Dr Gez Agolli is the managing director of Progressive Medical Center and he will educate you on how to live passionately through the secrets of unmasking the mitochondria. We live in a tumultuous times and uncertainty within our healthcare system. Each year thousands of Americans are suffering needlessly within the world of traditional medicine treating chronic disorders! No More....."In a TOXIC world....there is hope!" Take control and learn these vital truths of unlocking the Mitochondria!

### **KEYNOTE PRESENTATION:**

**3:00pm - 3:50pm**      **Kat James, *Holistic Beauty Expert***

**“Breaking the Barriers to Total Transformation”**

Featured on PBS, in *Woman’s World* and on TBS’ *Movie and a Makeover!!* Called “a master of self-transformation” by *SELF* magazine, Kat James, syndicated radio host and author of the newly re-released bestseller, *The Truth About Beauty*, will share her story of transformation and take you beyond the “bootcamp myths” and biochemical roadblocks to you true physical potential. Enter to win an actual Total Transformation® 8-Week TeleProgram with Kat (valued at \$600), sponsored by Herbalix, booth #210. And don’t forget to catch Kat’s exciting cooking demo, Sunday at 2:00 pm. Sponsored by Vita-Mix and SALBA

**4:00pm - 4:50pm**      **Melissa Hall, *Clinical Homeopath and founder of New Beginnings Holistic Health***

**“Clear the Terrain and Jump-Start Your Health With Homeopathy”**

If you are experiencing chronic illness, a myriad of confusing symptoms, or simply desire a roadmap to wellness, this lecture is for you. Learn how to assist liver detoxification, promote assimilation and reduce inflammation through a simple daily regimen.

**5:00pm - 5:50pm**      **Eshe Riviears – “*The Herb Lady*”**

**“Detoxing: Essential to Your Good Health, its’ Not Optional!”**

During these stressful days and times, its’ more important than ever to remove toxins and possible sources of dis-ease from your body to lighten your load on many different levels! Attend this class to learn how! Simple plan for you to start following today! Eshe Riviears *The Herb Lady* herbsistah.com (770) 787-4352

**6:00pm - 7:00pm      Dr. Joe Esposito, DC**  
**“The Seven Deadly Sins of Nutrition”**

Are you tired of being sick and tired? Have you tried getting health advice and just did not get the results you had hoped for? Maybe it's what you eat that is causing your health problems! Dr. Joe Esposito DC, international lecturer, radio show host, educator and award winning author, will show how the foods you eat positively or negatively affect you. His high energy, knowledgeable and easy to understand style has made him a household name in the natural health world. Don't miss this rare opportunity to hear Dr. Joe live! There will even be a question and answer session for the attendees.

**Lecture/Workshop Area – Saturday - May 16, 2009**

**12:00 - 12:50pm      Dr. Aleksander Regal, DD**  
**“Learn How You Can Avoid the Seven Major Sins of the Standard American Diet”**

Do you experience any digestive problems like indigestion or heartburn? Are you challenged by lack of control and overeating? Can you truly say that you are ready to be in charge of your lifestyle? After this presentation you will: Know the difference between Willpower and real Self-control; Be informed of the Seven Major Sins of the Standard American Diet; Have an Action Plan that can assist you in overcoming these evils. Learn how to cope with any perceived shortcomings or hopelessness. Be empowered and eliminate fears, concerns and regrets. Start coping by understanding how to make better choices. Achieve a healthier and happier lifestyle that promises your well-being. Take positive action today!

**1:00pm - 1:50pm      Dr. Jay Wilkins, ND**  
**“L-Arginine & Nitric Oxide: The Dynamic Duo and You!”**

Dr. Jay Wilkins invites you to discuss the role of a little molecule and nutrient that has huge implications when it comes to your health. If you want to reverse cardiovascular disease, increase energy, improve sexual function, support healthy blood sugar, improve vision, have more stamina, endurance, and overall health come listen. What is this anti-aging “Dynamic Duo?” L-Arginine and Nitric Oxide. The story behind them will amaze you!

**2:00pm - 2:50pm      Ainslee Marsden, Miss Earth Georgia**  
**“Lean and Green: Everyday Habits to Develop Fit and Earth Friendly Children”**

Ainslee will speak about the importance of positive role models in the development of healthy and eco-conscious habits by children and she will share fun ideas and easy tips that all families can do to combat childhood obesity and reduce their carbon footprint.

**3:00pm - 3:50pm      Seneca B. Anderson, DOM, ND, L.Ac.**  
**“Staying Healthy in a Toxic World”**

As green initiatives continue to move to the forefront of our country's political and social agendas, we're more aware than ever of the high levels of air, water and chemical pollution that our immune systems contend with on a daily basis. But what many don't know is that electromagnetic energy also poses a serious threat to our health. Dr. Seneca Anderson's lecture will identify the various sources of electromagnetic disturbances that bombard us on any given day as well as practical ways to safeguard our immune systems against them.

**4:00pm - 4:50pm      Master Sky - Regional Director, Atlanta Dahn Centers and Master Healer**  
**Brain Wave Vibration Workshop - “Unleash Your Brain's Healing Vibrations”**

In this dynamic session, you will experience how rhythm and movement change the brain. You will use the Brain Wave Vibration mind-body technique to lower your brain wave frequency to quiet and focus your mind, and activate your brain's innate healing mechanisms. Come prepared to move your body and feel the healthy natural rhythms of your body and brain.

**5:00pm - 5:50pm Western Buddhist Nuns will present this lecture and group meditation event  
Awaken the Soul Group Meditation**

Discover more vitality, happiness and an increased feeling of peace and wellness. Join one of the Buddha Maitreya Shambhala nuns for this wonderful meditation using sacred Soul Therapy music and the beautiful Shambhala meditation tools. These unique and eye-catching tools transmit the healing, spiritual blessings of the living Buddha Maitreya to awaken the Soul and heal the personality. They apply the principles of energetic vibrational medicine for Soul Therapy resulting in regeneration, vitalization and increased wellness extending beyond the initial period of meditative relaxation. The effect is life-changing and establishes the individual on the Path of the Soul through self-realization of their divine Buddha Nature. Guaranteed to uplift the spirit and bring peace to your heart.

**Main Lecture Stage – Sunday - May 17, 2009**

**12:00 – 12:50pm Lewis Perkins, *Director of Sustainable Strategies for The Mohawk Group*  
“Sustainable Buildings: The way to a Healthy Home and Office Environment”**

Buildings have long been a culprit in using large volumes of energy and having an overall negative effect on our health. In this discussion, Perkins will move beyond the traditional negative impacts on health and environment and offer new means for our indoor environmental, promoting a better life for all.

**1:00pm - 1:50pm Dr. Gez Agolli, *ND, PhD***

**"Unlock the secrets to abundant living by unmasking the power of the Mitochondria"**

The mitochondria is the sparkplug within your cells. You will learn 7 habits that will unmask this tiny powerhouse and live life with vitality and energy. Dr Gez Agolli is the managing director of Progressive Medical Center and he will educate you on how to live passionately through the secrets of unmasking the mitochondria. We live in a tumultuous times and uncertainty within our healthcare system. Each year thousands of Americans are suffering needlessly within the world of traditional medicine treating chronic disorders! No More....."In a TOXIC world....there is hope!" Take control and learn these vital truths of unlocking the Mitochondria!

**2:00pm - 2:50pm Russ Bianchi, *Scientist & Food Formulator*  
“Moringa: The World’s Most Nutrient Rich Plant”**

Zija® is a proprietary beverage that is 100% Natural, Halal, and Kosher certified, and contains over 92+ verifiable nutrients in a refreshing, nourishing beverage for everyday use. Zija® is overflowing with cell-ready nutrients, antioxidants, vitamins, minerals, omega oils, vital proteins & essential amino acids.

**KEYNOTE PRESENTATION:**

**3:00pm - 3:50pm Dr. Wayne Scott Andersen , *Author of the Best Selling Book Dr.A's Habits of Health, Executive Director -The Health Institute and Co-Founder Take Shape for Life*  
“Creating a Leaner, Healthier, and Longer Life for Yourself”**

Most of us spend our day *reacting* to all the issues of our daily chaotic life. In this talk, you will learn how to stop reacting and create through the Habits of Health a roadmap to move you from surviving to thriving!

**KEYNOTE PRESENTATION:**

**4:00pm - 4:50pm Kat James, *Holistic Beauty Expert*  
“Jumpstart (and WIN) Your Own Total Transformation® with Kat James “**

Featured on PBS, in *Woman’s World* and on TBS’ *Movie and a Makeover!!* Bestselling health and beauty author Kat James will reveal the little-known body- and face-transforming secrets from her acclaimed Total Transformation® Programs, then GIVE AWAY (courtesy of Herbalix) her 8-Week, Live TeleProgram that has left a trail of dramatic, published success stories—like her *own*— in its wake. She’ll draw the Winner, right at her

lecture. Enter there, or at booth #210!! Based on breaking science, rather than willpower and suffering, Kat's principles will begin to change your appearance and your relationship with food in a matter of *days*.

**5:00pm - 5:50pm**      **Queen Afua, ND**

**"The City of Wellness: Restoring Your Health Through the Seven Kitchens of Consciousness"**

Topic description: Queen Afua's newest book, *The City of Wellness*, is described as a "GREENPRINT" to building City's of Wellness. Queen Afua will introduce the Liberation Pyramid Diet, redefining the 8 food groups to reflect a 'Green lifestyle'.

### **Lecture/Workshop Area – Sunday - May 17, 2009**

**1:00pm - 1:50pm**      **Bob Spatz, MA (Clinical Psychology), MLS (Liberal Studies)**

**"Nature's Most Powerful Antioxidant"**

It's not in a drink, berry, or pill –it's in your body. Glutathione is ESSENTIAL FOR CLEANING AND PROTECTING ALL OUR CELLS and thousands of times more effective than ingested vitamins/supplements. Learn how to triple your levels. Glutathione (GSH) has been called "Nature's most powerful antioxidant and healing agent" and "your body's most powerful protector." Finally, there is a safe, easy, effective way to: Dramatically Raise Your Energy Levels - Strengthen Your Immune System – Fight Intracellular Inflammation – Slow Down the Aging Process – Improve Athletic Performance and Recovery – Detoxify Your Body – Improve Mental Function – Enhance Your Sense of Well Being. The trick is to provide the body with everything it needs to almost triple its production of GSH.

**2:00pm - 2:50pm**      **Ainslee Marsden, Miss Earth Georgia**

**"Lean and Green: Everyday Habits to Develop Fit and Earth Friendly Children"**

Ainslee will speak about the importance of positive role models in the development of healthy and eco-conscious habits by children and she will share fun ideas and easy tips that all families can do to combat childhood obesity and reduce their carbon footprint.

**3:00pm - 3:50pm**      **Tanya Stewart, Esq. Attorney, Life and Business Coach**

**"Know Your Fears, Harness Your Stress, See Your Blessings – NOW!"**

Changing your life is actually *easier* when things aren't going well, like in a recession! To know your fears, harness your stress and see your blessings takes resolve, practice and training. Bring your desire and let the 10+ year Attorney & Life Coach train you.

**4:00pm - 4:50pm**      **Donna Jones, RN, BA**

**"Managing your health care is an essential part of taking control of your well-being."**

Managing your health care is more than going to a doctor routinely. One should never assume a physician or any other health care worker will remember anything about you or your health. It is your responsibility to know your health history. Keeping a list of your current medications, tests, and other medical information is essential. It will assure you get quick and efficient treatment if and when an emergency occurs or on a long term basis.

**5:00pm – 5:50pm**      **Farra Allen**

**"Find Your Life Purpose"**

Description: Once you gain clarity as to what you are here on the Planet to do you are able to "line up" with Spirit and receive the support you want and deserve. You experience an increased "focus" and "direction"; decisions become clear to you and you begin to have your LifeWork on all cylinders.