

NOVEL | **SUNDAY LECTURES**
 HUNTINGTON HILTON LI



“Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.”
 - Hellen Keller

- 10:00**
- rm A**  **VULNERABLE CANCER: Technology of External Testing on Effective Approaches Unique to the Individual**
 There are few people on this planet who live, breathe, and think cancer all their waking time. First entering the field of healing as a Chiropractic Doctor, **Richard Sollazzo, MD**, quickly realized if he were to have any chance in taming this beast (that his patients kept bringing to his office), he would need further training. The result was several degrees as a Medical Doctor: Integrative Board Certified Oncology and Hermatology, Naturopathic Medicine and Clinical Nutrition, to name a few. This lecture covers effective protocols from around the world, including those able to test many possible therapies on an individual's blood; only those that produce the best results are used as treatment on the patient.
 - rm B**  **SLEEP BETTER AT THE VITAMIN SHOPPE: Top 10 Natural Products to Help Create a more Restful Night**
 There is no doubt that sleep allows our bodies to rest and rebuild. It is crucial for not only ones well-being but their ability to function optimally during the day. Most of us, however, are not sleeping well and need outside stimulants just to make it through the following day. In this lecture, **Ellen Kamhi, PhD, RN, AHG, AHN-BC**, The Natural Nurse and author of numerous books, including *Definitive Guide to Weight Loss: 10 Healthy Ways to Permanently Shed Unwanted Pounds*, will discuss simple techniques to implement, as well as herbs and supplements that have been proven to help the body get a restful and regenerative night's sleep, and that are available at your local Vitamin Shoppe.
 - rm C**  **HARNESSING THE POWER OF YOUR SUBCONSCIOUS MIND: Strategies for Courageous Living**
 We all want things in our life; we want to be thinner, more effective, more proactive and more successful. Some of us want to stop smoking and eating cake at every meal. We want to do the things we've imagined doing but have been held back by some undercurrent force that has been with us for the larger part of our lives. In this talk, you'll discover what is possible when you remove the roadblocks deep within your subconscious mind. Join **Benjamin D. Lokos, MA, C.h.t** (who has a certification from the National Guild of Hypnotists, a Master's Degree in Clinical Psychology from NYU and is an NLP coach) as he helps you put reigns on the habits hindering you so to achieve the desires of your life.
 - rm D**  **WHAT'S THE BIG DEAL WITH "HEALTHY LIGHT"? Taking Responsibility for Sleep—A Critical Layer of Our Well-Being**
 Not much else beats a good night's rest. Sleep is a restorative process which improves the balance of our health and well-being. Research has proven that natural, white light controls the quality of our sleep. Over time, our bodies have become aligned to certain spectra within white light which naturally govern how well we feel and perform on a daily basis through a number of physiological responses. Join architectural Lighting Designer and Light Wellness Consultant **Regina Lousell** of Light Vitality Group in navigating the new, and seemingly uncharted, bounds of light wellness, and how to use designed lighting strategies as a proactive means for preventative healthcare.
 - rm E**  **ENVIRONMENTAL HEALING: Tips for Health, the Lawn and the Ultimate Green Home**
 Simple, little known ideas to make your home and business healthier, creating an outdoor environment that will permit you to live an additional 25 years and your dog another 5 years longer. We'll discuss how to have a lawn you mow once a month, needs 75% less water and never needs any chemicals to stay green and weed free. Join **Jackson Madnick**, an environmental scientist/educator, water, energy and lawn care expert as he shines the light on a vast contributor on our modern lack of health as we unknowingly damage the environment. His past environmental work has been commended by 2 different White House administrations (Bush & Clinton), the United Nations, former Vice President Al Gore and Astronaut & Senator John Glenn.
- 11:00**
- rm A**  **THE LONGEVITY EXPERIMENT: What Your Pet Can Teach You About Proper Nutrition, Prevention and Optimal Wellness**
 Illness and disease is on the rise in pets as well as humans and the culprit is the same: inferior nutrition. The difference is, one is human quality food, and the other is garbage. No human being eats or feeds their family pet food. None! Never! The human lifespan has finally been reported as decreasing but the average pet's lifespan has systematically plummeted - dropping from 24 years down to 8, and now approaching 6. Billions of dollars a year are spent on veterinary care in America but the situation remains. One out of two dogs and cats are dying from cancer, diabetes and a host of other illnesses at a phenomenal cost to the pet parent. Join **Dr. R. Geoffrey Broderick**, Veterinary Surgeon and Nutritionist now in his 49th year of practice, author of *Compassion for Pets*, as he reveals the truth: Pet food is junk food and how that correlates to human nutrition and health.
 - rm B**  **PERMANENTLY REMOVING STRESS: Upgrading Your Nervous System to Live the Miracle That You Are**
 Stress is just energy that, when properly used, can help us fire up our life rather than burn a hole in our chest. When chronic stress raises cortisol levels in our body, it sets off inflammation and creates the platform for physical and emotional disease. Join **Dr. Michael Berlin**, a highly skilled and talented healer and communicator, to discover a holistic multi-faceted system of permanently removing stress from your body. A gentle, intuitive, and gifted healer, Dr. Berlin brings to the community over 25 years of experience working in alternative health and mind-body healing. All attendees of this lecture will receive a free gift, compliments of the Family Wellness Center.
 - rm C**  **LIVER DETOXIFICATION & MOLECULAR HYDROGEN: Cleanse Your Body of Toxins and Take Control of Your Health**
 The first place to look when your body presents unabated symptoms is its systems of elimination. The many thousands of chemicals we are exposed to daily through the food we eat, air we breathe and water we drink may, inadvertently, clog an important filter, forcing the immune system into a civil war. Join **Dr. Garry D'Brant**, who holds licenses and certificates in chiropractic, nutrition, naturopathic medicine, social work, acupuncture and homeopathy, as he discusses the channels of detoxification within your body, how they sometimes malfunction, and the things we can do on a daily basis to provide the body with optimal resources and latest technology to do its job effectively.
 - rm D**  **DETOX AND REBUILD: Fundamentals for Immune Health Recovery**
 The immune system, the warrior of the body, is a network of cells, tissues, and organs that work together to defend the body against attack from foreign invaders such as bacteria, parasites, and fungi that can, eventually, lead to disease. An impaired system spells trouble in the form of such ailments as allergies, asthma, hypertension, diabetes, and cancer. Join **Loraine R. Dégraff, CHC**, Immune Health Coach, author, and founder of *Body Made Beautiful Health Systems* as she delves into the fundamentals of immune health recovery with an emphasis on detoxification and nutrition to resurrect and empower a fallen immune system, enabling it to take its rightful place as the first line of defense in the war against disease—for after all, external beauty starts from within.
 - rm E**  **IRON MOM: Becoming the Embodiment of Fitness, Quality Nutrition and Inspiration**
 The individuals driving the proactive health movement already have a lot on their plate. They're moms. For many years, we've seen them attend the NAVEL expo and bring along their children and husbands as they run some kind of business or organization that served the people in their community. **Donna Martini**, an author, Wellness Ambassador for Nassau County, who successfully healed herself of many debilitating symptoms, is also the first ever winner of the Iron Mom Award, and we could not think of anyone more perfect to share with you the distinctions of what it takes to create the life you want in the face of circumstances that may at times seem overwhelming.
 - rm F**  **A YEAR OF INSPIRED LIVING: Journaling and Essays for Self-Reflection and Inspiration**
 This lecture/workshop will help to explore how to utilize journaling to create a year filled with manifestation, determination and inspiration. **Kelly McGrath Martinsen, MBA**, is the publisher of *Natural Awakenings Long Island*, a local health and wellness magazine. Frustrated with the way humanity races quickly through life, binging on everything from food to TV shows, Martinsen sets out on a mission to help people slow down and appreciate life for what it really can be. Author of *A Year of Inspired Living*, Martinsen will focus on utilizing the practice of journaling to help you slow down and truly live your most inspired life ever.