

**SATURDAY PROGRAM - 10/8**

Time	Main Ballroom	Junior Ballroom
11:00 am	Dr. DeSilva: The Human Microbiome	
11:30 am		
12:00 pm	Dr. Minal Vazirani: Insights into Pediatric Wellness	Sprayology: How Do You Manage Stress?
12:30 pm		
1:00 pm		Breakthrough Research in the Prevention of Memory Loss & Dementia
1:30 pm		
2:00 pm	Dr. Rick Rutkowski: The Benefits of Physical Activity on Health and Longevity	The Power of Plants and Flowers and the People- Plant Connection through Horticultural Therapy
2:30 pm		
3:00 pm		Micronutrient Implications for a Broad Variety of Clinical Conditions
3:30 pm		
4:00 pm		Medical Cannabis 101
4:30 pm		
5:00 pm	Exhibitor Meet & Greet with Dr. DeSilva	
5:30 pm		
6:00 pm		
6:30 pm		

**MAIN BALLROOM**

**11:00am - 12:00pm**

**Dr. DeSilva: The Human Micro-Biome (The Good Bacteria in our Bodies)**

The word probiotic mean "for life". Probiotics or the "good bacteria" comprise approximately four (4) pounds of ourbody weight. The main function of the "good bacteria" are:

- Immune System Health
- Digestion
- Elimination of waste from the body
- Vitamin production

During this presentation we will highlight how the "good bacteria" play a critical role in our health.

**12:00pm - 1:00pm**

**Dr. Minal Vazirani: Pediatric Wellness**

Are you confused by all the conflicting information out there? Are you one of the 84% of parents in the United States utilizing Complementary and Integrative Medicine Approaches for yourself or your Children? Are you shocked by the dramatic increase in the incidence of Allergies, Asthma, ADHD, Obesity, and Diabetes in our country? During this not to be missed talk, Integrative Pediatrician & Internist Dr. Minal Vazirani will share the myths, the facts, and practical pearls of wisdom on what you can do to help your children optimize their health and the health of generations to follow.

**2:00pm - 3:00pm**

**Dr. Rick Rutkowski: The Benefits of Physical Activity on Health and Longevity**

The positive effects that physical activity has on health, disease and longevity and practical tips and advice on how to start on a better health trajectory while preventing illnesses and premature aging.

**JUNIOR BALLROOM**

**12:00pm - 1:00pm**

**Sprayology: How Do You Manage Stress?**

What we think and feel, and how long we think it or feel it, determines our health. Join us for a fun, and inspiring conversation about stress and how it effects your health and well-being. This event will provide easy-to-incorporate ways to feel and live better naturally. Ellie Whalen, a trail-blazer in the wellness industry will be our guest speaker. Sprayology was founded fifteen years ago because of the needs of its founders who were dealing with physical disillusionment, aging, illness and a lack of natural options to help them live better. Ellie Whalen (Founder, CEO) believed that at the core, she was healthy, but she was taking multiple conventional medicines daily to deal with asthma, allergies, fatigue and stress. She realized that she was still not experiencing the health she was seeking. Ellie chose homeopathy as her daily option to become healthier because it is effective, safe, has no side effects and can be taken

with other medicines. Today, Ellie no longer lives by the inhaler or other medications. Ellie is passionate about providing easy-to-use natural products that really work. She hopes to encourage people to seek out and use natural, non-toxic, healthy products for daily self-care.

**1:00pm - 2:00pm**

**Dr. Eric Kaplan: Breakthrough Research in the Prevention of Memory Loss and Dementia**

Do not let your loved ones become strangers to you. Getting older does not mean your memory will start to decline. There are many ways to improve your memory even as you age. During this talk, you will learn about the best ways to prevent dementia and Alzheimer's Disease. Dr. Kaplan (Kaplan Brain & Body) will teach you about the most researched natural protocols that will keep your mind strong and improve memory.

**2:00pm - 3:00pm**

**Final Touch Landscaping: The Power of Plants and Flowers and the People- Plant Connection through Horticultural Therapy**

People respond to plants. Plants respond to people. We respond to the cycles of the season. Plants in turn respond to our care without judgement. This is a dynamic session by Laura DePrado, President of Final Touch Landscaping, LLC, B.S., Registered Horticultural Therapist with the American Horticultural Therapy Association, and Columnist for Gannett, demonstrating and celebrating the People-Plant connection. Experience and learn through interacting with plants, our responses to plants using the 5 senses, and the growing trend of Horticultural Therapy in New Jersey as an expansion of the Agriculture/Horticulture industry. Learn about the history of horticultural therapy across the nation and the evidenced-based benefits in health and well-being.

**3:00pm - 4:00pm**

**Spectracell: Micronutrient Implications for a Broad Variety of Clinical Conditions**

Learn about general wellness and the prevention of chronic diseases from Spectracell! Topics include arthritis, cancer, cardiovascular risk, diabetes, gastrointestinal health, hormone imbalance, infertility, hypothyroidism, as well as various immunological disorders and metabolic disorders.

**4:00pm - 5:00pm**

**Compassionate Sciences ATC, Inc.: Medical Cannabis 101**

This educational session led by Gretchen McCarthy will familiarize the group with many areas about medical cannabis. We will help the attendees understand what it means to be a medical cannabis patient, providing information on how to become a patient and educating on patient responsibility.

**SUNDAY PROGRAM - 10/9**

Time	Main Ballroom	Junior Ballroom
11:00 am	Dr. Cathleen Gerenger: Pain Only Tells You There is a Problem, it DOES NOT Tell You What It Is!	
11:30 am		
12:00 pm	Dr. DeSilva: Poly-Pharmacy and Aging	
12:30 pm		
1:00 pm		Arbonne
1:30 pm		
2:00 pm	Dr. Rick Rutkowski: Injury Treatment	
2:30 pm		
3:00 pm	Dr. Minal Vazirani: Insights into Pediatric Wellness	
3:30 pm		
4:00 pm	Dr. Kerry Gelb: Nutrients For the Eyes	
4:30 pm		
5:00 pm		

**MAIN BALLROOM**

**11:00am - 12:00pm**

**Dr. Cathleen Gerenger: Pain only tells you there is a problem, it DOES NOT tell you what it is!**

Dr. Cathleen Gerenger will discuss the root cause of low back pain. She will demonstrate on how she can reset patterns and you can witness instantaneous changes. Dr. Gerenger will also provide tips that you can take home and apply immediately.

**12:00pm - 1:00pm**

**Dr. DeSilva: Poly-Pharmacy and Aging**

Over 60% of the US population over the age of 50 is on at least one prescription medication. A significant number of children are also on various medications, from asthma drugs to digestive aids. There is no question that prescription medications play a definite role in health but at what "cost". My contention is that prescription medications should be used more cautiously and the nutrients that are lost as a result of prescription medication should be replaced in the body. During the presentation we will discuss the role of prescription medications, along with helping resolve some of the "confusion" about the key role that supplements play in our health.

**2:00pm - 3:00pm**

**Dr. Rick Rutkowski: Injury Treatment**

The most commonly injured body regions and how to use self treatment strategies to lessen pain and enjoy an active lifestyle.

**3:00pm - 4:00pm**

**Dr. Minal Vazirani: Insights into Pediatric Wellness**

Are you confused by all the conflicting information out there? Are you one of the 84% of parents in the United States utilizing Complementary and Integrative Medicine Approaches for yourself or your Children? Are you shocked by the dramatic increase in the incidence of Allergies, Asthma, ADHD, Obesity, and Diabetes in our country? During this not to be missed talk, Integrative Pediatrician & Internist Dr. Minal Vazirani will share the myths, the facts, and practical pearls of wisdom on what you can do to help your children optimize their health and the health of generations to follow.

**4:00pm - 5:00pm**

**Dr. Kerry Gelb: Nutrients For the Eyes**

The eye is considered the window to your soul and your health. Newest modern technology allows the earliest diagnosis of both systemic and ocular disease. These two leading causes of blindness are caused in large part by poor nutrition and lifestyle. Dr. Gelb will discuss how the correct food, lifestyle and supplements can significantly

decrease your risk of blindness from these two disease states, giving the details of his 10-point prevention plan. The newest diagnostic eye technologies will also be discussed.

**JUNIOR BALLROOM**

**1:00pm - 2:00pm**

**Arbonne**

A Global health and wellness company, founded in 1980. Arbonne means "beautiful tree," which is fitting because all of our products are botanically based and developed with a pure, safe, beneficial™ philosophy. From the beginning, Arbonne has developed products that combine the best of nature with leading science. Arbonne works to keep up with the latest advances in science and collaborates with our Scientific Advisory Board to constantly adapt to new and changing standards. Our collections include skincare, nutrition, cosmetics, and personal care products to ensure we are offering a balanced assortment to meet anyone's health, wellness and beauty needs. We invite you to attend this panel and find out how Arbonne can change and perhaps even improve your life!