



TOTAL HEALTH 2019

42nd Annual Convention and Exhibition

Fascinating Listening - Dr. Steven Gundry

The Total Health Show (12-14 April, Metro Toronto Convention Centre) is proud to announce another extraordinary line-up of some of the most respected international experts in the natural health field. In addition to the packed trade show floor, featuring over 200 exhibits devoted to a natural healthy lifestyle, and a gourmet, organic food area, 60 keynote speakers will present updated information on attaining peak health to the tens of thousands of Torontonians for whom the Total Health Show has become a must-attend event each year.

A highlight this year:

- [Dr. Steven Gundry](#), MD, cardiac surgeon, medical innovator and *New York Times* bestselling author of *The Plant Paradox*, and *The Longevity Paradox*, describes how to live vibrantly to a ripe old age.

Working with thousands of patients, Dr. Gundry has discovered that the “diseases of aging” we most fear are not simply a function of age; rather, they are a byproduct of the way we have lived over the decades. In *The Longevity Paradox*, he maps out a new approach to aging well—one that is based on supporting the health of the “oldest” parts of us: the microorganisms that live within our bodies.

Our gut bugs—the bacteria that make up the microbiome—largely determine our health over the years. From diseases like cancer and Alzheimer’s to common ailments like arthritis to our weight and the appearance of our skin, these bugs are in the driver’s seat, controlling our quality of life as we age. The good news is, it’s never too late to support these microbes and give them what they need to help them—and you—thrive. In *The Longevity Paradox*, Dr. Gundry outlines a nutrition and lifestyle plan to support gut health and live well for decades to come. A progressive take on the new science of aging,

<https://www.youtube.com/watch?v=zK0kOuvGsFk> (21 – 27minutes)

The Total Health Show is North America’s premier natural health show, bringing cutting-edge knowledge to Canadians from the leading innovators in the natural health field for 42 years. Over 15,000 visitors each year attend the show to sample exciting new products, participate in debates, and meet leading innovators in the field. www.totalhealthshow.com

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