



# TOTAL HEALTH '18

Annual Convention and Exhibition

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## *New Information on Nutrition with The Total Health Show*

The 41<sup>st</sup> Total Health Show (11-13 May, 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.

One of the highlights this year will be **Dr. Bradford Weeks, M.D.**, Founder and Medical Director of Alternative Health Advocates, and his lecture *Join the Revolution in Nutrition*.

- Which is the optimal diet for you; low carbohydrate? Paleo? Vegetarian? What about sugars, are all sugars bad for you?
- The "Revolution in Nutrition" is an optimum diet with the most nutrient, dense, naturally concentrated food on earth - whole, cold-pressed, organic, non-GMO, anti-inflammatory seeds
- Seeds naturally bioaccumulate nutrients 20 time more effectively than the flesh of fruits or vegetables and are the nutritional treasure chest of food
- We throw it away because it is bitter and encased in a husk, or because we believe that the seeds are drenched in glyphosate or toxic herbicides
- The healthier your diet, the less you need to supplement with expensive supplements and the less synthetic patented drugs you need

In this fascinating segment, learn to optimize diet by eating the world's most nutritious, naturally-occurring food, and to select seeds for specific healing such as anti-inflammation, detoxification, sleep, energy, and immune-enhancement.

**Dr. Bradford Weeks** has 25 years of experience integrating conventional and innovative medicine into the field of "corrective medicine and psychiatry" which identifies and corrects deficiencies and toxicities. A charter and founding member of International Organization of Integrative Cancer Physicians ([www.ioicp.com](http://www.ioicp.com)) he is certified to teach insulin potentiation chemotherapy to medical doctors.

**Dr. Bradford Weeks is available for [comment and interview](#)**

The Total Health Show is N. America's premier natural health show, bringing cutting-edge knowledge to Canadians from the leading innovators in the natural health field. Thousands of visitors visit the show each year, to sample new products, participate in debates, and meet leading innovators in the field.

[www.totalhealthshow.com](http://www.totalhealthshow.com)