



Friday, 30<sup>th</sup> September 2011, Seminar Room ONE

**Benefits of Consuming Fish**

*(Interactive introduction with the group)*

1. Understanding the importance of fish consumption  
Balanced nutrition – the basics / Food pyramid (Food groups, nutrients will be defined)

Health benefits of consuming fish

How much fish are we supposed to eat?

2. Role of key nutrients in fish

- Good fats
- Calcium
- Protein
- Vitamin D

3. Role of omega 3 fatty acids

4. Conclusion : Take home points

5. Q&A

11am – 11.30am

**Ms. Velumani Deepapriya**

Accredited nutritionist

(This talk is brought to you by Ayam Brand.

Door gift: A can of Ayam Brand sardines.)

**Children's Back Pack Awareness**

Healthy Kids For Life!

This 45 minutes program is designed for ease and simplicity. It is targeted at increasing participants' knowledge of how the human body creates wellness.

- Pack it Light
- Wear it Right

5.00pm – 6.00pm

Backpacks can affect your children's health. Avoid muscle strain, headaches, back neck and arm pain, and even nerve damage. Find out how to pick the Correct bag and wear it Right, to prevent back pain.

**Dr. Shara Downey**

Asia Chiropractic Health Services Pte Ltd

**健康生殖系统, 幸福女人一生**

~ 女性生殖健康知识,

~ 雪莲生态保养让女性远离妇科疾病

20岁的女人是桃花 -- 鲜艳

30岁的女人是玫瑰 -- 迷人

40岁的女人是牡丹 -- 大气

50岁的女人是兰花 -- 淡定

60岁的女人是棉花 -- 温暖

花的美丽源于健康的根,

女人的美丽源于何处呢?

**Ms Ann Wang 王华英女士**

Goldendays International Pte Ltd

6.00pm – 6.45pm

Friday, 30<sup>th</sup> September 2011, Seminar Room TWO

**Your Health Age: The Seven Habits of Healthy People**

**Dr. Eric Teo**

Director

Youngberg Wellness Centre

11.00am – 12.00pm



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### **Talk on Being Vegetarian and Detox**

**Ami Mehta**

*Ami is a self taught vegetarian cook with plenty of inspiration given by her Mother and her Mother-in-law, both excellent cooks in their own right. She specializes in vegetarian cooking in various multinational cuisines. Ami grew up in Bombay (now known as Mumbai) in India. Bombay has always been a major cosmopolitan city, with a melting point of cultures from all over the World, thus giving exposure to the international cuisines experienced there. Ami is also a folk art teacher and cooking to her is a form of art. She believes that quality & presentation of food is very important in any form of cuisine. When preparing or planning a meal, she looks into different criteria of the meal, like the colour of the food, the place, the occasion, the effects and the compatibility, the time & of course the people at the dining table! She hails from a Hindu vegetarian family and did not have any exposure whatsoever to meat till she moved to Singapore after her marriage to a Singaporean in 1996! Imagine the culture shock she faced then. However, her commitment to Vegetarianism has remained steadfast and she has even inspired her husband to cut down on his meat eating ways! She has a husband who is a strong supporter of bringing her talents to the fore. Being a Singaporean, he had a strong penchant for local food and encouraged her to replicate local Singapore cuisine in a vegetarian fashion. He enjoys good quality food and is a great compliment to her by being a great test taster and a constructive critic of her cooking. Also, her late Father-in-law was a source of inspiration & encouragement to revive the traditional dishes. Ami, who has also worked as a travel agent has picked up recipes, tips and ideas from this additional experience and she is also well read and knowledgeable about various places and their cuisines. She tastes and observes the presentation of the food and works on the recipe until she gets it just right. Ami is a new wave Vegetarian Chef who puts her "heart" into her craft and exhibits warmth and homely cooking in all her recipes.*

4.00pm – 4.45pm

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### **Overcoming Infertility – What’s the latest?**

The birth rate in Singapore is at all-time low. Problem conceiving is becoming a real problem affecting many couples. Are you one of them, or are you worried that infertility may affect you in future? Join us to get an insight view of how to optimize your chances of getting pregnant and learn about the latest technology available to help you.

6.00pm – 6.30pm

**Dr. Law Wei Seng**  
*Pacific Healthcare*

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### **Hormone Balance for Women** **Dr. Lee**

6.30pm – 7.30pm

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### **Loving Work, Living Life**

Taking the first step towards personal effectiveness

Our jobs take up a large part of our lives, yet work-life surveys have indicated that less than 40% of people actually enjoy their work. Is this caused by the demands of work or lack of 'life' outside work?

7.00pm – 8.00pm

Increasingly, working adults seek meaning and harmony in their career and personal life. This talk aims to take a practical look at what works for career and personal life, and inspire individuals to find significance and success in work and life.

Through this talk, participants will:

- Gain insights to the changing work culture
  - Understand keys to managing work and personal commitments
  - Learn the 3 Ps to work-life harmony - Priorities, Perspective and Pace
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**Simon Sim**  
Family Life Coach  
Focus on the Family Singapore

*(This talk is brought to you by MCYS)*

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**Friday, 30<sup>th</sup> September 2011, Seminar Room THREE**

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**STOP THAT ITCH - UNDERSTANDING SKIN PROBLEMS**

5.00pm – 6.00pm

**Helen Cheong**  
Director  
*Bettalife International (S) Pte Ltd*

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**Balance & Hearing Problems**

6.00pm – 6.30pm

Did you know that balance and hearing problems can affect your quality of life? In this talk, we will focus on the basic aspects that you should know about dizziness.

**Paula Pinheiro**  
Consultant Audiologist  
*Hearing Partners*

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**Achieving Optimal Spinal Health**

6.30pm – 7.30pm

Are you currently suffering from neck pain, lower back pain, consistent headaches or other problems? If you are, your spine could already be compromised **by spinal misalignments**. Learn more about the human spine and the nervous system, how your daily activities both at work and home can affect your spine and ultimately, how you can achieve optimal spinal health.

**Dr. Bunty Anand**  
Doctor of Chiropractic (USA) from Life West College of Chiropractic

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Saturday, 1<sup>st</sup> October 2011, Seminar Room ONE

11.00am – 11.45am Dr Harry Zhang of Herb&Fashion Pte Ltd

**Robotic Assisted Operation in Gynecology**

Over the past two decades, great strides have been made in how surgeons do operations. One significant advance has been “key-hole” surgery or minimal access surgery (MAS). The traditional way of doing an operation requires the surgeon to make large incisions on the abdomen to remove or repair diseased or damaged organs.

12.00pm – 12.30pm

**Revolution in surgery – robotic enhancement**

Now there is a surgeon-controlled robotic “humanoid hand” that is miniaturized such that it can be passed into the abdomen with just an 8mm incision! The da Vinci robot is an immersive (i.e. as if the surgeon is looking through a glass clad abdomen) telerobotic surgical system designed to accurately follow movements of the surgeon’s hands i.e. a slave robot not an auto-robot like in the automobile industry

Sit in and find out more!

**Dr. Suresh Nair**

Obstetrics & Gynecology

*(This talk is brought to you by the International College of Surgeons)*

12.30pm – 1.00pm

**Andropause**

**Dr. Ho Siew Hong**

1.00pm – 2.00pm

**Prostate Enlargement and Cancer - What do men and women need to know**

Benign prostate enlargement and prostate cancer are common urological problems in men above 50 years. The patients may present with lower urinary tract symptoms like urinary frequency, poor stream or abnormal PSA test. The lecture would cover the symptoms and signs, investigation and latest treatment of the prostate diseases.

**Dr. Tan Yeh Hong**

Senior Consultant, Department of Urology

*Singapore General Hospital*

*(This talk is brought to you by the International College of Surgeons)*

2.00pm – 2.30pm

**Instant face-lifting without surgery**

Ageing is a natural process and ageing gracefully can be achieved without undergoing the knife! Dr Elias Tam will reveal the secrets to turning the clock back with simple and safe procedures. Dr Elias Tam will share with us the E\*R strategy to achieve balance and rejuvenation. We will cover some of the latest fillers in the market to improve our look and be more attractive as well as the latest technologies such as Ulthera (Ultherapy) to remove sagging skin and give instant face-lift.

**Dr. Elias Tam**

*EHA Clinic*

2.30pm – 3.00pm

**Clean & bright skin**



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How to achieve beautiful and flawless skin? Come join us to understand more about the latest technology to remove discoloration, reduce pores and achieve better skin. Dr Elias Tam will share on the various products and lasers in the market, answer our queries and give useful tips to achieve youthful and beautiful skin!

**Dr. Elias Tam**  
*EHA Clinic*

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### **Smart Food for Smart Kids**

We all want our kids to be healthy, happy and good achievers. To have the full range of life skills they need to make smart choices. This talk addresses the health needs of children for optimal growth, mental alertness and physical performance.

The talk and presentation will address the following issues:

1. Fussy Eaters-Setting the rules to establish healthy eating habits in children.
2. Health Issues-Why weight control through diet and physical activity are necessary for children's long term health
3. Balanced Meals- What is the major components of food (carbohydrates, proteins and fats) and how to choose the healthiest sources of them.
4. Art of Deception-How to incorporate more fruits and vegetables into meals and snacks
5. Dietary Supplements -When and Why to use them.
6. Energy Sappers- What are anti- nutrients – lets make a list.
7. A Shopping Strategy for Optimal Health– putting it all together

3.00pm – 4.30pm

After the talk there will be a demo of a healthy breakfast smoothie and tasting of some Oat Bran Whole meal Cookies.

The session includes an interactive question answer round.

**Mayura Mohta**  
*Vegetarian Society (Singapore)*

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### **Healthy cooking with alkaline ionized water**

Learn all about healthy cooking using alkaline ionized water the fun and delicious way with celebrity Chef Anna Phua!

4.30pm – 6.00pm

**Chef Anna Phua**  
*Kemp Trading*

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### **Aortic Heart Valve Blockage - Do I have it?**

Aortic heart valve blockage is fairly common especially in the older population. It will cause symptoms such as chest pain, shortage of breath or leg swelling. It is under treated and under diagnosed. Find out more about it in this talk.

6.00pm – 6.30pm

**Dr. Jimmy Hon**  
*National University Hospital*

*(This talk is brought to you by the International College of Surgeons)*

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### **How to Keep Your Immune System at Peak Performance?**

It is common for us to hear such remarks:

"You got the flu because your immunity is poor!" or "Boost your immune system and you will not get sick easily!"

6.30pm – 7.30pm

What exactly do the above statements mean? Have you seen how your immune system responds when activated or called upon to protect you?

The basic rule of thumb to maintain healthy blood cells that are well separated

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and oxygenated is to eat high fibre and low protein diet. But it is a function that is highly dependent on the ability for the digestive system to absorb the nutrients. Many a time our blood cells are poor due to environmental stresses and contaminations.

- Learn how you can by-pass the digestion and absorption to ensure a good immune system?
- What is so important about regeneration of new cells?

**Veronica Ong**

Co-founder  
*Rev 22*

Veronica Ong is a nurse manager turned entrepreneur. She has a wide range of nursing experience having worked in acute hospitals and managing an elderly and day rehabilitation centre under The Salvation Army. She was diagnosed with hyperthyroidism and later, Grave's Disease in 2000. Since then, she has been very passionate about preventive and complementary therapy.

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**Saturday, 1<sup>st</sup> October 2011, Seminar Room TWO**

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11.00am – 12.30pm **Dancing for Birth™ FREE demo class**  
Birth can be like a marathon and Dancing for Birth™ prenatal dance classes prepare for you for the challenge. You'll become stronger, more agile, more at ease with your body and both mentally & physically ready to embrace your unique birth experience. At the same time, you'll be learning valuable childbirth preparation skills and natural pain coping techniques that will build your confidence in your own birthing ability.

**Lillian Thio-Kaplan**  
Founder  
*iexpress2explore.com*

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1.00pm – 1.30pm **Diabetes - Prevent it**  
**Ms Chionh Lay Keng**  
**Nurse**  
*Diabetic Society of Singapore*

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2.00pm – 3.00pm **Healthy Cooking and Juice Therapy**  
A globetrotter and an avid food-trend spotter, Anna has been on a mission to share anything that is good about food and the art of making it delicious and recently – healthy!  
While she enjoys educating, encouraging and empowering people for being their best in culinary skills, the tireless food experimenter has been well-known for pioneering trends in the local marketplace such as the recently popularized: Anna's wealth of experience from **culinary coaching** to **food-tasting** has drawn numerous judging engagements in major cooking competitions, food-tasting panels [Simply Dining 2009], TV programs and food-related brand endorsements.  
**DIY Enzyme-making**  
[The Straits Times, Lianhe Zao Bao Chinese daily paper, U-Weekly, Health No.1 magazine], **DIY Cooking with Organic Vinegar** [Mediacorp Channel 8's City Beat 2, February 2010, Lianhe Zao Bao, U-Weekly], **The 'second-generation' Premium Bubble Tea series**, and **Japanese Baking's Latest techniques**.

Today at Qualities of Life 2011, Anna will be the following **Super Detox Juice Demo**:

1. 地瓜排毒果汁(清除肠内毒素)  
Sweet Potato Detox Juice (Cleanses Intestines)
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2. 伏令西瓜汁(解渴,消水肿,解热,利尿)  
Fuling Watermelon Juice (hydrates, helps reduce water retention and heat in body)
  3. 南瓜浓汤  
Pumpkin Chowder
  4. 燕麦杏仁奶  
Oat & Almond Milk
  5. 顺畅果汁(排尿,排毒更舒畅)  
Digestive Fruits Juice (helps digestion and eases water retention)
  6. 合桃露  
Walnut Cream Dessert
  7. 马铃薯红萝卜浓汤  
Potato Carrot Chowder
  8. 红枣珊瑚苹果汁(天然补骨,预防骨质疏松)  
Red Dates Coral Apple Juice (nourishes bones, helps prevent osteoporosis)

**Anna Phua**  
*Anna Cooking Arts*

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### **Health Habits That Foster Young High Achievers'**

#### **Mrs Cynthia Teo**

*Mrs Cynthia Teo holds a Masters in Public Health (MPH) with dual majors in health education and promotion and maternal and child health from Loma Linda University, California, USA. She is a certified health education specialist accredited by the National Commission of Health Education Credentialing, USA and certified in Public Health by the National Board of Public Health Examiners (USA). She is also a member of the Kappa Chapter of the Delta Omega Honorary Society in Public Health, USA. Mrs Teo has more than twenty years of experience in health education and promotion in Singapore, Malaysia, and America. Her health education program design, Families Overcoming: HURDLES (Health Unitedly Restored with Diet, Lifestyle and Exercise Strategies), was adopted by the Department of Public Health, County of San Bernardino, USA. She is currently a speaker for Youngberg Wellness Centre, a long-standing, well-recognized workplace health care provider in Singapore with global networks.*

3.00pm – 4.00pm

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4.00pm – 4.30pm

#### **TuiNa and or/Sub-health (One Blood test your health) ScienceArts**

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4.30pm – 5.00pm

#### **The Aging Eye: Implantable Contact Lens™ & Other Vision Correction Options**

Have you been turned away from LASIK or not liked the idea of LASIK because it irreversibly thins your cornea and causes dry eyes?  
Let me introduce you to the Implantable Contact Lens. It's proven scientifically to give more stable long term results and higher patient satisfaction.  
How about those of you wearing progressive glasses? What are your options for seeing well for both far and near? Is monovision for you? Choose a safe procedure that will last for all your years to come and yet be able to use your Medisave and insurance.  
Come attend the talk and discover what's the best option for you.

**Dr Cheryl Lee**

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*Pacific Healthcare*

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**Beating Burnout**

In today's fast paced and ever-changing society, most of us face stress from different sources. With multiple demands on our time, understanding stress triggers and recognizing how to combat them are important steps towards preventing burnout.

5.00pm – 6.00pm

The psychology of stress – What is stress, and what causes it?  
Common stressors – Identifying the sources of stress  
Overcoming stress – A matter of balance and planning

**Joshua Ng**

Professional Trainer & DISC-Certified Behavioural Consultant

*(This talk is brought to you by MCYS)*

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**Nutmilk Goodness for Kids**

- informal talk with nut milk preparation demo

6.00pm – 6.30pm

**Wong Kee Yew**

*TheVegSchool.net*

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**Health Whole Foods Consumption**

What are whole foods, benefits, preparation and how to make quick meals out of them?

6.30pm – 7.00pm

- with food demo

**Halimah**

*Vegetarian Society (Singapore)*

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7.00pm – 8.00pm

**There is Hope**

*Nature's Glory*

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**Saturday, 1<sup>st</sup> October 2011, Seminar Room THREE**

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**Black Garlic & Its Benefits**

Garlic has been considered as a valuable healing agent for thousands of years in ancient China and Egypt. Even today, it is commonly used for its medicinal benefit throughout the world, especially in Eastern Europe & Asia. When the normal raw white garlic undergo enzymatic fermentation, Black Garlic is produced. Under a high temperature fermentation, the sugar and amino acid present in a normal white garlic turn into a compound called melanoidin which gives the garlic its black appearance. Fermented Garlic a.k.a. Black Garlic is sweet and syrupy with hints of balsamic vinegar or even tamarind.

11.00am – 11.45am

Some of the health benefits of black garlic includes controlling blood sugar level thus preventing diabetes, regulate blood press, blood lipid, blood glucose level thus preventing cardiovascular diseases, promote gastrointestinal peristalsis thus preventing constipation, remove harmful free radicals in the body and repairs cells thus fighting the process of aging, inhibit cancer cell growth thus preventing cancer etc.

Speaker: Researcher of Black Garlic Bio-Engineering Company

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11.45am – 12.45pm

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### **Children's Back Pack Awareness**

Healthy Kids For Life!

This 45 minutes program is designed for ease and simplicity. It is targeted at increasing participants' knowledge of how the human body creates wellness.

- Pack it Light
- Wear it Right

Backpacks can affect your children's health. Avoid muscle strain, headaches, back neck and arm pain, and even nerve damage. Find out how to pick the Correct bag and wear it Right, to prevent back pain.

**Dr. Shara Downey**

*Asia Chiropractic Health Services Pte Ltd*

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12.45pm – 1.15pm

### **Breast Health for Every Women**

Tips on how to optimize breast screening and keep breast cancer away!

**Dr. Georgette Chan**

*Pacific Healthcare*

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1.30pm – 2.00pm

### **Lower Back Pain: Common Causes, Non-Invasive Physiotherapy and Prevention**

Back pain affects up to 80% of the population, mainly more in those who are above 35 years old. Lower back pain can be short term, lasting days to weeks, but can continue for months and years. High risk factors include inactive lifestyles, being accidents prone, overweight, poor posture, as well as other more serious causes. A healthy and balanced lifestyle can greatly reduce your risk of getting low back pain, and early physiotherapy intervention is still your best chance for recovery.

**Louise Yow**

*Pacific Healthcare*

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2.00pm – 3.00pm

### **Achieving Optimal Spinal Health**

Are you currently suffering from neck pain, lower back pain, consistent headaches or other problems? If you are, your spine could already be compromised **by spinal misalignments**. Learn more about the human spine and the nervous system, how your daily activities both at work and home can affect your spine and ultimately, how you can achieve optimal spinal health.

**Dr. Joshua Jay Knowles**

Doctor of Chiropractic (USA) from Life West College of Chiropractic

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### **The Impact of Hearing Loss: A Reality Check**

This short talk will discuss the real impact of hearing loss faced by children and adults in terms of family relationships, emotive & communicative challenges, as well as access to education, information and employability.

**Ronald Burgess**

Consultant Audiologist

*Hearing Partners*

3.30pm – 4.15pm

### **Hearing Aids**

Introduction to hearing aids

Types of hearing aids

Benefits from hearing aids

**Izovelle A. Piedad**

Consultant Audiologist

*Hearing Partners*

### **Balance & Hearing Problems**

Did you know that balance and hearing problems can affect your quality of life? In this talk, we will focus on the basic aspects that you should know about dizziness.

**Paula Pinheiro**

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Consultant Audiologist  
*Hearing Partners*

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**FAD DIETS - MYTH OR TRUTH**

4.15pm – 4.30pm **Helen Cheong**  
Director  
*Bettalife International (S) Pte Ltd*

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**健康生殖系统, 幸福女人一生**  
~ 女性生殖健康知识,  
~ 雪莲生态保养让女性远离妇科疾病  
20岁的女人是桃花 -- 鲜艳  
30岁的女人是玫瑰 -- 迷人  
40岁的女人是牡丹 -- 大气  
50岁的女人是兰花 -- 淡定  
60岁的女人是棉花 -- 温暖  
花的美丽源于健康的根,  
女人的美丽源于何处呢?  
**Ms Ann Wang 王华英女士**  
*Goldendays International Pte Ltd*

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**How to Keep Your Immune System at Peak Performance?**

It is common for us to hear such remarks:

“You got the flu because your immunity is poor!” or “Boost your immune system and you will not get sick easily!”

What exactly do the above statements mean? Have you seen how your immune system responds when activated or called upon to protect you?

The basic rule of thumb to maintain healthy blood cells that are well separated and oxygenated is to eat high fibre and low protein diet. But it is a function that is highly dependent on the ability for the digestive system to absorb the nutrients. Many a time our blood cells are poor due to environmental stresses and contaminations.

5.30pm – 6.30pm

- Learn how you can by-pass the digestion and absorption to ensure a good immune system?
- What is so important about regeneration of new cells?

**Veronica Ong**  
Co-founder  
*Rev 22*

Veronica Ong is a nurse manager turned entrepreneur. She has a wide range of nursing experience having worked in acute hospitals and managing an elderly and day rehabilitation centre under The Salvation Army. She was diagnosed with hyperthyroidism and later, Grave's Disease in 2000. Since then, she has been very passionate about preventive and complementary therapy.

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**Irritable Bowel Syndrome**

6.30pm – 7.00pm Irritable Bowel Syndrome (IBS) is a common chronic functional disorder of the digestive tract with no demonstrable organic disease. It manifests with abdominal cramps, pain or bloating, accompanied by a change in bowel frequency and stool form, either towards constipation, diarrhoea or both in alternation. IBS can occur at any age, but the older the patient, the more important it is to diligently exclude serious illness. The diagnosis of IBS is based on the confident exclusion of other diseases such as inflammatory bowel disease, malabsorption syndromes, biliary and pancreatic disease and cancer of the colon and the rectum. A good history and clinical examination combined with judicious use of some investigations, which may include colonoscopy, are often

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sufficient to establish a diagnosis of IBS. Although not life threatening, treatment of IBS can be difficult and symptoms may be hard to control. Psychological factors which exacerbate IBS are not uncommon and they must be dealt with.

**Dr. Tan Chi Chiu**

Consultant Gastroenterologist & Physician  
*Gastroenterology & Medicine International Pte Ltd*

*(This talk is brought to you by the International College of Surgeons)*

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7.00pm – 8.00pm      Preventicine

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**Sunday, 2<sup>nd</sup> October 2011, Seminar Room ONE**

11.00am – 12.00pm      **Healthy cooking with alkaline ionized water**  
Learn all about healthy cooking using alkaline ionized water the fun and delicious way with celebrity Chef Anna Phua!

**Chef Anna Phua**  
*Kemp Trading*

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12.00pm – 12.30pm      **“Do I have a fertility problem? What can I do about it?”**  
Fertility is on the decline worldwide. Couples intending marriage or who are planning for a child will benefit from knowledge of various infertility issues that affect both husband and wife. Problems with male fertility are rife and require investigation into the status of the sperm and its function. The causes of malfunction should be identified and appropriate treatment given. The state of health of the reproductive system of the female should be determined, and again malfunction identified and the causes found and treated. Common problems include disorders of ovulation, tubal function, uterine fibroids, adenomyosis, and pelvic endometriosis, all of which are amenable to treatment. Modern day management include laparoscopic surgery and assisted reproductive procedures (including IVF). Overall the pregnancy success rate may be of the order of 50%.

Questions:

- (1) I am told I have a sperm problem. What can I do about it?
- (2) I am troubled by severe menstrual pain, what can this be due to, and what can I do?
- (3) I have gone for IVF three times and failed. Is there any hope left?

**Prof Christopher Chen**

President, *International College of Surgeons* (Singapore Section)  
World President, *International College of Surgeons* (January 2009 to December 2010)  
Immediate Past World President (January 2011 –)  
Editor-in-Chief, *International Surgery, Journal of the International College of Surgeons*, USA

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12.30pm – 1.00pm      **Andropause (Male Menopause)**  
Males undergo menopause too. Hormones in both sexes decline from the early 20's on. In many women this culminates in the 40s or 50s with the syndrome known as menopause. Technically the menopause is the precise time a woman stops having her periods. Symptoms in women often start years earlier and this has become known as the perimenopause and is associated with a gradual decline in womens' sex hormone levels.  
Men have no specific marker such as stopping periods in women to delineate their menopause. But their hormones decline from the early to mid twenties. At some point, usually in the early - mid forties this hormonal decline becomes

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apparent with physical and mental changes occurring.

Find out what the changes are and how these changes have an enormous impact on men's lives. Learn about prostate cancer, testosterone and the treatment for andropause!

**Prof Peter Lim Huat Chye**  
Senior Consultant Urological Surgeon  
Visiting Consultant, Dept of Urology  
*Changi General Hospital, Singapore*

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1.00pm – 1.30pm **Obesity – What You Need to Know**  
Dr. Vishal

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1.30pm – 2.00pm **Sport Injuries and Its Management**  
**Dr.Chang Haw Chong**  
Orthopaedic Sports Medicine

*(This talk is brought to you by the International College of Surgeons)*

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2.00pm – 2.30pm **Get ride of those love-handle! & Gaining back a beautiful body without surgery**

Despite eating properly and exercising well, many of us still have stubborn fat, especially around the waist. Liposuction is a well known procedure but is not without risk. Come and explore the latest break-through in technology with Dr Elias Tam and learn how we can get ride of those stubborn fats through freezing with Zeltiq, the original coolsculpting.

**Dr. Elias Tam**  
*EHA Clinic*

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2.30pm – 3.00pm **All you want to know about Hair Loss**

Many of us suffered from hair loss and does not understand why and how to treat it. Some of us have spend thousands of dollars with non-medical treatment with little improvement. Dr Elias Tam will share with us his concept of "Hair Gardening" to battle against hair loss, and share with us the latest technique of hair transplant using FUE (follicular hair extraction).

**Dr. Elias Tam**  
*EHA Clinic*

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3.00pm – 4.00pm **Diet and Heart Disease**  
**Dr. Eric Teo**  
Director  
*Youngberg Wellness Centre*

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4.00pm – 5.00pm **Children's Back Pack Awareness**  
Healthy Kids For Life!  
This 45 minutes program is designed for ease and simplicity. It is targeted at increasing participants' knowledge of how the human body creates wellness.

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Backpacks can affect your children's health. Avoid muscle strain, headaches, backm neck and arm pain, and even nerve damage. Find out how to pick the Correct bag and wear it Right, to prevent back pain.

**Dr. Shara Downey**

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*Asia Chiropractic Health Services Pte Ltd*

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5.00pm – 6.00pm    **TuiNa and or/Sub-health (One Blood test your health)  
ScienceArts**

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6.00pm – 6.30pm    ICS

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Sunday, 2<sup>nd</sup> October 2011, Seminar Room TWO

**DETOX & DE-STRESS SOLUTIONS**

11.00pm – 12.00pm **Helen Cheong**  
Director  
*Bettalife International (S) Pte Ltd*

12.00pm – 12.30pm **Joint Pains**  
**SAGE**

12.30pm – 1.30pm **Achieving Optimal Spinal Health**  
Are you currently suffering from neck pain, lower back pain, consistent headaches or other problems? If you are, your spine could already be compromised **by spinal misalignments**. Learn more about the human spine and the nervous system, how your daily activities both at work and home can affect your spine and ultimately, how you can achieve optimal spinal health.  
**Dr. Brad Trease**  
Bachelor of Applied Science (Clinical Science) and a Bachelor of Chiropractic Science from Royal Melbourne Institute of Australia (RMIT)  
*ChiroPartners*

1.30pm – 2.00pm How to Awaken Our Healing Energy  
This talk addresses the problems in our environment and how it affects the health of human beings.  
- with demo of FusionExcel products  
**Ms Angeline Song**  
*Ei-En Singapore*

2.00pm – 3.00pm **健康生殖系统, 幸福女人一生**  
~ 女性生殖健康知识,  
~ 雪莲生态保养让女性远离妇科疾病  
20岁的女人是桃花 -- 鲜艳  
30岁的女人是玫瑰 -- 迷人  
40岁的女人是牡丹 -- 大气  
50岁的女人是兰花 -- 淡定  
60岁的女人是棉花 -- 温暖  
花的美丽源于健康的根,  
女人的美丽源于何处呢?  
**Ms Ann Wang 王华英女士**  
*Goldendays International Pte Ltd*

3.00pm – 4.00pm **CEO of me - Creating a Life that Works in the Flexible Job Age**  
Are there different ways in which individuals and couples manage the many challenges at work and in their personal lives? What are the strengths and weaknesses of each approach?  
This talk addresses these questions and more.  
Participants at the talk will have the opportunity to reflect on their work-life situation and also take a short self-assessment to find out what is their preferred style of managing work-life challenges. This heightened self-awareness opens the door to more personal and couple effectiveness in achieving Work-Life Harmony. It gives participants a handle by which to make changes, and improve



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how they perform at work and live their lives.

**Lau Tat Chuan**  
Director  
The Centre for Fathering

*(This talk is brought to you by MCYS)*

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4.00pm – 5.00pm      **Supergood Superfood Raw Cacao Demo**  
**Linda Loo**  
*Vegetarian Society (Singapore)*

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5.00pm – 6.00pm      **NEB – The Healing Power of Energy**  
*Nature's Glory*

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**Sunday, 2<sup>nd</sup> October 2011, Seminar Room THREE**

**Food allergy seminar (40mins)**

1100-1110      **The Mom's Perspective**

A personal view of a parent (challenges allergy moms face in schools, at restaurants, on airplanes etc in Singapore, drawing on personal experience and anecdotes shared by our readers) plus what sneezywheezy offers to help parents out.

[**Cris Prystay & Vicky** Hennicker, [sneezywheezy.com](http://sneezywheezy.com)]

11.00am – 1.00pm      1110-1130      **Food Allergies in Singaporean Children**

A talk by a paediatric allergist on what is food allergy, and the scale & scope of food allergies in Singapore. What tests should parents get to diagnose an allergy – and what tests are marketed in Singapore but don't actually work, from a medical standpoint.

[**Dr Liew Woei Kang**, Paediatric Allergist and Immunologist, SBCC Baby and Child Clinic, Mount Elizabeth Medical Centre]

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1130-1140 Q&A

**Eczema seminar (40mins)**

1140-1200 **"Itchy scratchy eczema - all that you are itching to know"**

Talk by a dermatologist on atopic eczema and treatment updates. Practical tips on how to make sense of the dermatological products in the market; how to choose the right ones.

[**Dr Chan Yui Chew**, Consultant Dermatologist, Dermatology Associates, Gleneagles Medical Centre]

1200-1210 **Mind versus itch**

Talk by psychologist regarding psychological and social problems faced by eczema patients. How behavioral therapy can be used to reduce the excoriations and skin damage in eczema.

[**Ms Frances Yeo**, Principal Psychologist, Thomson Paediatric Centre, The Child Development Centre]

1210-1220 Q&A

**Asthma seminar (40mins)**

1220-1240 **Living with Asthma - Take Control**

A talk by a respiratory physician on what is asthma and what are common asthma triggers. The talk will also include tips on how a patient can take control of their asthma with medications and by modifying their home and work environment.

[**Dr Kenneth Chan**, Consultant respiratory physician, Respiratory Medical Associates, Gleneagles Medical Centre]

1240-1250 **Active Living & the Asthmatic patient**

Talk by an asthma nurse on active living with asthma: how patients can continue to pursue sports if treatment is optimal. Tips on how family members can be involved, and the importance of smoking cessation.

[Asthma educator, **Karen Tan**, Singapore General Hospital]

1250-1300 Q&A

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**The Impact of Hearing Loss: A Reality Check**

This short talk will discuss the real impact of hearing loss faced by children and adults in terms of family relationships, emotive & communicative challenges, as well as access to education, information and employability.

**Ronald Burgess**

Consultant Audiologist  
*Hearing Partners*

**Hearing Aids**

Introduction to hearing aids  
Types of hearing aids  
Benefits from hearing aids

**Izovelle A. Piedad**

Consultant Audiologist  
*Hearing Partners*

**Balance & Hearing Problems**

Did you know that balance and hearing problems can affect your quality of life? In this talk, we will focus on the basic aspects that you should know about dizziness.

**Paula Pinheiro**

Consultant Audiologist  
*Hearing Partners*

1.15pm – 1.45pm

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2.00pm – 3.00pm

**You Don't Have To Live With Your Allergies**

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Dr. Jason Hwang

Bio: Dr. Hwang is regularly invited to teach on computer guided surgery and at endoscopic sinus surgery courses in the region, including Chulalongkorn University in Bangkok, University of Malaya in Kuala Lumpur, MARA Technological University in Shah Alam, Malaysia, RIPAS Hospital in Brunei as well as at Singapore General Hospital. Locally, he has been on the Otolaryngology training subcommittee and is also involved in the 2010 Ministry of Health Clinical Practice Guidelines on Sinusitis and Allergic Rhinitis as well as the Specialist exit certification examinations.

Besides sinus infections, nasal allergies, nasal polyps and tumors, he enjoys treating children, and has been running a paediatric ENT clinic in KK Women's and Children's Hospital since 2007.

*(This talk is brought to you by Hyphens Pharma Pte Ltd)*

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### **NUTRITION SOLUTIONS FOR FOOD ALLERGIES IN CHILDREN**

Allergy means reactivity to a change in the way the body responds to the environment. This may include diet, air, diseases, dust etc. Allergies are on the rise given the global changes in our environment. This talk addresses the problem factors and provides some nutritional solutions that allow personal control over food allergies.

The talk and presentation will address the following issues:

3.00pm – 4.00pm

1. **Reasons for food allergies in children**– how and why allergies occur
2. **Common allergens in foods**- list of potentially allergic foods
3. **Adverse reactions to food**- what goes wrong
4. **Different types of allergies in children**- immediate or delayed response
5. **Top food allergy promoters**- milk, gluten, nuts, etc.
6. **Anti-Allergy foods, herbs and supplements**-all the right ingredients
7. **Action plan to combat food allergies**- how to avoid allergens

After the talk there will be a demo of a healthy allergy juice and tasting of some anti allergy dips and spreads

The session includes an interactive question answer round.

**Mayura Mohta**

*Vegetarian Society (Singapore)*

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### **Black Garlic & Its Benefits**

Garlic has been considered as a valuable healing agent for thousands of years in ancient China and Egypt. Even today, it is commonly used for its medicinal benefit throughout the world, especially in Eastern Europe & Asia. When the normal raw white garlic undergo enzymatic fermentation, Black Garlic is produced. Under a high temperature fermentation, the sugar and amino acid present in a normal white garlic turn into a compound called melanoidin which gives the garlic its black appearance. Fermented Garlic a.k.a. Black Garlic is sweet and syrupy with hints of balsamic vinegar or even tamarind.

4.00pm – 4.30pm

Some of the health benefits of black garlic includes controlling blood sugar level thus preventing diabetes, regulate blood press, blood lipid, blood glucose level thus preventing cardiovascular diseases, promote gastrointestinal peristalsis thus preventing constipation, remove harmful free radicals in the body and repairs cells thus fighting the process of aging, inhibit cancer cell growth thus preventing cancer etc.

Speaker: Researcher of Black Garlic Bio-Engineering Company

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4.30pm – 5.00pm

**The Aging Eye: ICL™ & Other Vision Correction Options**  
**Dr. Cheryl Lee**

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*Pacific Healthcare*

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### **How to Keep Your Immune System at Peak Performance?**

It is common for us to hear such remarks:

“You got the flu because your immunity is poor!” or “Boost your immune system and you will not get sick easily!”

What exactly do the above statements mean? Have you seen how your immune system responds when activated or called upon to protect you?

The basic rule of thumb to maintain healthy blood cells that are well separated and oxygenated is to eat high fibre and low protein diet. But it is a function that is highly dependent on the ability for the digestive system to absorb the nutrients. Many a time our blood cells are poor due to environmental stresses and contaminations.

5.00pm – 6.00pm

- Learn how you can by-pass the digestion and absorption to ensure a good immune system?
- What is so important about regeneration of new cells?

### **Veronica Ong**

Co-founder

*Rev 22*

Veronica Ong is a nurse manager turned entrepreneur. She has a wide range of nursing experience having worked in acute hospitals and managing an elderly and day rehabilitation centre under The Salvation Army. She was diagnosed with hyperthyroidism and later, Grave's Disease in 2000. Since then, she has been very passionate about preventive and complementary therapy.

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