

THERESA MOLONEY

I've been a holistic nutritionist, personal trainer and wellness



advocate for doTerra Essential oils for 20 years and the main thing I have learned in this time is that healthy living just doesn't happen, It needs to be intentional. Eating right, regular daily

movement and exercise, and taking great quality supplements is the key to ageing the way we want. Genetics and luck definitely play a role, but we can only control what we can control and that's the environmental stuff which plays a huge role in determining the quality of life we might have in our future. Healthy living is definitely a choice and life is crazy busy. I'm here to inspire, coach and motivate you every step of the way

DAVID DALLAIRE B. SC. HK, Certified Exercise Physiologist

After finishing his university studies in kinesiology David began his career working as a sport scientist working mainly with high performance athletes. He has since found that his passion truly lies in preventative medicine with a focus on movement dysfunction and chronic pain. He has now dedicated his career to working with the general population who wish to improve their health and fitness but are struggling with how and where to start.

DR. ROBERT BLACK, D.O.M.P., R.M.T.

Robert works as an osteopath, massage therapist, exercise therapist and trainer in Ottawa. His vocation and passion lies in understanding and turning people on to good body movement.

He began his present career as a refugee from the corporate world in mid-life back in 1990 when he began training in posture and movement work with Nehemiah Cohen in Toronto, Ontario. After four years of study, he opened a movement studio in Toronto with one of the founding members of Toronto Dance Theatre.

Perennially dissatisfied with his current level of ignorance, he is constantly studying and expanding his knowledge base and adding to his functional toolkit in the fields of movement and manual therapy.

The concept he is presenting was first offered as part of an ongoing movement class during the 2000's at his facility in Kingston, Ontario.

The P.G.I.S. Dance Project

(The Proto Geriatric [begins when you get born] Incipient Senescent Dance Project)

This refers to the dance of daily activity which should be the fundamental and basic work of your life. When performed well this should add to and enhance movement and health. On the other hand, all the all intensity focused training that you may add to this basic repertoire will not overcome dysfunctional movement patterns and tics which reinforce repetitive strains when constantly repeated hundreds or more times throughout your daily activity.

Dan Quibell



Dan is founder of The Bacon Experiment & Keto Bootcamp for Weightloss. As a ketogenic lifestyle and diet coach he's help thousands of people reach their goal weight, eliminate health issues and say goodbye to costly medications. Dan resides in Ontario, Canada with his wife and two children.

You can find him at thebaconexperiment@gmail.com

Andrea Lombardi BA (Hons), MBA, BHScPA, CCPA

Canadian Certified Physician Assistant, Health Educator, Intensive Dietary Management Program



Andrea is a seasoned healthcare leader and clinician with an extensive resume of both clinical and administrative experiences.

She brings a unique vantage point, having practiced family medicine as a Canadian Certified Physician Assistant (CCPA), and participated in strategic planning at the clinic, community, hospital, and provincial levels of the Ontario healthcare system. Her career has also spanned a variety of healthcare niches including mental health, cancer care, primary care, and home and community care.

Fascinated by the growing evidence supporting dietary interventions for metabolic syndrome and T2 diabetes, Ms. Lombardi launched a health coaching practice, serving the Greater Toronto Area. Crowd It Out Inc. was born with a mandate

of helping adults achieve pre-diabetes, T2 diabetes and fatty liver disease remission, through an in-person program using diet alone.

Ms. Lombardi is also a health educator with the famous Intensive Dietary Management Program – an online-based program, coaching adults through therapeutic fasting protocols for various conditions. The program was founded by Dr. Jason Fung and Megan Ramos, the world leaders in therapeutic fasting.

Ms. Lombardi earned an Honours Bachelor of Arts from York University, and completed her Master of Business Administration and Bachelor of Health Sciences (PA) at McMaster University. She earned her CCPA designation in 2012. She is a proud member of the Canadian Clinicians for Therapeutic Nutrition, a grass-roots movement of physicians and allied healthcare professionals who advocate for evidence-based dietary guidelines.

Wendy Moore - Retreat Organizer

www.mooremcgregor.ca

www.celticrathskallions.ca

I began my journey into the low carb world in 2015 and then went



on to discover keto and fasting, eventually making these an integral part of my lifestyle.

I have been a touring professional musician for over 20 years and in October 2014 I was literally brought to my knees with a massive blood clot from my ankle up through my abdomen. This clot was discovered only 4 hours before I was to board a flight to Ireland for a 32-show tour.

Had I boarded that plane, it likely would have been game over for me. A few angels got their wings that night I'm sure... and I'm eternally grateful. It turns out that I have a hereditary blood clotting disorder which is totally manageable with medication.

The night before my clot, I did an easy 10 k run with no swelling symptoms. I had been a fully active triathlete and half-marathon runner up until then for a number of years.

That was the last time I ran.

Miraculously, the blood clot only caused minor circulation damage and I was back to pretty much full mobility (without the running) within 4 months.

That is when my low carb journey began.

While couch-bound, I had started a lot of reading on reducing inflammation (my left leg was almost twice the size of my right). It seemed that minimizing sugar and carbs was a big recommendation.

I had also started gaining weight from being more sedentary (and indulging in carb loaded foods) so reducing leg inflammation AND losing 20 pounds was my goal.

Starting a low carb food plan helped both of those goals but not significantly.

I needed to take things a step further, so I tried going keto and eventually adding various fasting durations.

Finally, success!

Now, 4 years later, I am at my ideal target body weight and my leg inflammation is gone. I am fully active in swimming, cycling, yoga and strength training.

I've decided to retire now from major music touring and to focus on my continued passion for living a keto/fasting lifestyle and to helping others achieve success with their goals, weight loss, and major health benefits of living a keto lifestyle.

Some of the specialists who have taught and encouraged me are the guest speakers at this retreat: Dr. Doug Bishop, Amy Berger, and Dr. Jason Fung's Intensive Dietary Management Clinic run by the program director, Megan Ramos. Their websites, blog posts, suggested readings and support have been invaluable.

My dream is to host kept retreats. To quote Kevin Costner in the movie 'Field of Dreams': "Build it and they will come!"

Thank you for being a part of this retreat. Whether you are new to the worlds of keto, low-carb or nutritional fasting, just have a curiosity about it, or you are 'keto-ing' already, this will be valuable.