



Eat Well, Be Well

A Holistic Approach to Nutrition & Health

Saturday, April 17 ~ 9:30am-4pm (9am Check-in)

Cesar Chavez Center, Jack Adams Hall
San Francisco State University (19th Ave & Holloway)

Suggested donations: \$5 - SFSU Students, Faculty, & Staff w/ID, \$10 - Others

Keynotes

- ♦ **Modern Food Hazards & Eating for Health: A Whole Food Approach**
 - ♦ **Ed Bauman, PhD**, *Bauman College of Holistic Nutrition*
 - ♦ **Will Tuttle, PhD**, author of *World Peace Diet: Eating For Spiritual Health & Social Harmony*
- ♦ **Food, Culture & Community: The Emerging Healthy Food Movement**
 - ♦ **Daphne Miller, MD**, author of *The Jungle Effect: The Healthiest Diets from Around the World*
 - ♦ **Panel Discussion:**
 - Julie Cummins**, Director of Education, Center for Urban Education for Sustainable Agriculture
 - Abbie Scianamblo**, Ayurvedic Practitioner & Founder, Sorelle Paradiso, Organic Olives
 - Amie Harper, PhD, (cand.)** *Sistah Vegan: Black Female Vegans Speak on Food, Identity, Health & Society*

Workshops

- ♦ **Inflammation & Food as Medicine: Chinese, Ayurvedic & Naturopathic Traditions**
- ♦ **Vegetarian, Vegan, & Raw Diets: Benefits & Concerns**
- ♦ **Herbs, Essential Oils, & Botanical Intelligence in Health & Healing**
- ♦ **Treating Illness with Nutritional Supplements (Orthomolecular Medicine)**
- ♦ **Nutrients & Metabolism in Mental Health & Cognitive Enhancement**
- ♦ **Role of Emotion in Food Addiction, Nutrition & Eating Disorders**

Host: Holistic Health Network

San Francisco State University student organization

Special thanks: California State Senator Leland Yee, PhD
Senate Assistant President pro Tempore

Information: Holistic Health Learning Center
HSS 329 • (415) 338-6416 • www.sfsu.edu/~holistic

