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