

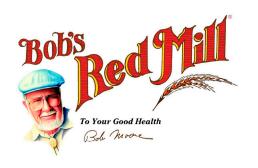
# Healing with Food at Home

Complimentary coffee and tea and the Food as Medicine Marketplace are located on the **second** floor. All lectures are located on the **first** floor in room 107.

TIME	SPEAKER & TOPIC
8:00–8:30 a.m.	Registration, second floor Coffee and tea co-sponsored by Jigsaw Health and Mountain Mel's Essential Goods.
8:30–10:00 a.m.	Nourishing Traditional Diets: The Key to Vibrant Health Part I Sally Fallon-Morrell, MA
10:00–10:30 a.m.	Break and Marketplace
10:30-Noon	Nourishing Traditional Diets: The Key to Vibrant Health Part II Sally Fallon-Morrell, MA
Noon-1:15 p.m.	Lunch, second floor Catered by The Lamb's Table. Sponsored by Vitamix.
1:15–2:30 p.m.	Eating on the Wild Side: The Missing Link to Optimal Health Jo Robinson
2:30-3:00 p.m.	Break, Marketplace and Raffle
3:00-4:15 p.m.	Photonic Nutrition: In-lightened Eating in the 21st Century Deanna Minich, PhD
4:15–5:15 p.m.	Marketplace and Book Signing, second floor
5:15-6:00 p.m.	Vitamix "Big Pitch" Competition, Bill Mitchell Hall, room 310



## **FOUNDING SPONSOR**



# **Champion Sponsor**



## **Community Partners**

Northwest VEG FoodWorx

**Lunch Catering** 



#### **Donors**

















# **Food as Medicine Marketplace**

Bragg Health Institute

Dick's Kitchen

**Diet Typing Systems** 

Five Hour Diabetic

Heart 2 Heart Farms

Herb Pharm

Honey Mama's

Mountain Mel's

Salt, Fire & Time

Sunny Marketing PDX

Weston A. Price Foundation

Wild Mountain Paleo Market

## **UPCOMING EVENTS**

## **FAME (Food As Medicine Everyday)**

This 12-week series, led by a naturopathic physician, focuses on whole-foods nutrition education and hands-on cooking. Participants receive a class workbook with recipes and enjoy a complete meal at each workshop. BONUS! Free grains and legumes courtesy of Bob's Red Mill.

#### SPRING SERIES

Wednesday evenings, April 6-June 22, 6:00-7:30 p.m.

SYMPOSIUM SPECIAL: 20% off registration with code EXTRA20

For more information: foodasmedicineinstitute.com





## **HOME (Hands on Medicine Evenings)**

Learn to use herbs and other kitchen staples to make a healthy, great-tasting, full-spectrum vitamin syrup. Discover the art of extracting and concentrating minerals, vitamins and powerful adaptive compounds from nutritional herbs.

#### HERBAL VITAMINERAL SYRUPS

Monday, March 7, 6–9 p.m.

For more information: traditionalroots.org





#### Women's Health Day

Medical experts will discuss women's top health concerns: fertility, menopause, breast cancer and heart disease, and the different treatment options available to patients.

Saturday, March 12, 8:30 am-4:00 p.m.

For more information: womeninbalance.org



