

Third Annual

# FOOD AS MEDICINE Symposium



## 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, <i>second floor</i> <i>Coffee and tea co-sponsored by Jigsaw Health and Mountain Mel's Essential Goods.</i>
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, <i>second floor</i> <i>Catered by The Lamb's Table. Sponsored by Vitamix.</i>
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, <i>second floor</i>
5:15–6:00 p.m.	Vitamix "Big Pitch" Competition, Bill Mitchell Hall, room 310

*To eat is a necessity, but to eat intelligently is an art.* —LA ROCHEFOUCAULD



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## FOUNDING SPONSOR



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## Community Partners

Northwest VEG  
FoodWorx

## Lunch Catering

*The Forks Table*

## 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](http://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](http://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](http://womeninbalance.org)



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