



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 **third** floor in Bill Mitchell Hill, room 310.

| TIME | SPEAKER & TOPIC |
|-----------------------|---|
| 8:00–8:30 a.m. | Registration, <i>second floor</i> |
| 8:30–9:30 a.m. | The Benefits of a Low-Carb Diet Andrew Erlandsen, ND |
| 9:30–9:45 a.m. | Break and Marketplace |
| 9:45–10:45 a.m. | East Meets West in the Kitchen: Using Chinese Dietary Therapies for Weight Management and Improved Energy Ellen Goldsmith, LAc |
| 10:45–11:15 a.m. | Break and Marketplace |
| 11:15 a.m.–12:15 p.m. | Healing Food and Dietary Strategies for People with Cancer Robert Ellis, DO, PhD, FACP, CS |
| 12:15–1:30 p.m. | Lunch, <i>second floor</i> Catered by The Lamb's Table |
| 1:30–3:00 p.m. | Practical Tips for Using Food as Medicine Everyday Julie Briley, ND, and Courtney Jackson, ND |
| 3:00–3:15 p.m. | Break and Marketplace |
| 3:15–4:15 p.m. | Build Your Ferm-Intuition: Harness the Healing Power of Fermented Foods Chef Tressa Yellig |
| 4:15–5:30 p.m. | PUBLIC HAPPY HOUR AND SPECIAL PRESENTATION Preaching to the Choir: Why It's Important Chuck Eggert, CEO of Pacific Foods |

Let food be thy medicine and medicine be thy food. —HIPPOCRATES

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Food as Medicine Marketplace

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OlyKraut

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Platinum Cookware

Salt, Fire & Time

Starvation Alley Farms

Sweet Honey Farmacy

UPCOMING EVENTS FROM THE FOOD AS MEDICINE INSTITUTE

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

Thursday evenings, April 9 – June 25, 6:00–7:30 p.m.

or Saturday mornings, April 11 – June 27, 10:00–11:30 a.m.

SYMPOSIUM SPECIAL: Use the following codes for a discount on registration!

(Valid for spring series only.)

FAMI15off – \$15 off Early-Bird family price

FAMI10off – \$10 off Early-Bird individual price



For more information and to register:
foodasmedicineinstitute.com



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