

# Food as Medicine Symposium

April 5, 2014 • National College of Natural Medicine

*Complementary coffee and exhibitor hall is located on the second floor.*

TIME	SPEAKER & TOPIC	LOCATION
8:30–9:00 a.m.	Registration	Second floor hallway
9:00–10:00 a.m.	<b>Keynote Address: Whole Grains – Life Insurance You Eat</b> Bob Moore, Bob's Red Mill	Room 107
10:00–10:15 a.m.	Break and Exhibitor Hall	
10:15–11:15 a.m.	<b>Avoiding Inflammatory Foods &amp; Cooking Methods</b> Jessica Black, ND	Room 107
	<b>Breast Milk: The Original Super Food</b> / Joanne Edwards, RN	Room 201
11:15–11:30 a.m.	Break and Exhibitor Hall	
11:30 a.m.–12:30 p.m.	<b>Death by Food Pyramid</b> / Denise Minger	Room 107
	<b>Healing Power of Bone Broth</b> / Tressa Yellig	Room 201
12:30–1:45 p.m.	<b>Lunch</b> / Catered by Dori's Gluten-Free Kitchen	Second floor hallway
1:45–2:45 p.m.	<b>Celiac Disease, Gluten-Free Nutrition &amp; Avoiding "Junk"</b> GF Foods / Lisa Shaver, ND	Room 107
	<b>Inclusive Eating &amp; the Food Experience</b> / Abby Fammartino	Room 201
2:45–3:00 p.m.	Break and Exhibitor Hall	
3:00–4:30 p.m.	<b>Foods that Detoxify the Body</b> / Bonnie Nedrow, ND	Room 107

*Eat food. Not too much. Mostly plants.* —MICHAEL POLLAN



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## UPCOMING EVENTS FROM THE FOOD AS MEDICINE INSTITUTE

### Classes in Charlee's Kitchen

#### 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.*

#### Summer series (9 weeks)

Tuesday evenings, July 15–Sept. 9, 6:00–7:30 p.m.

or Thursday evenings, July 17–Sept. 11, 6:00–7:30 p.m.

#### Fall series

Thursday evenings, Sept. 18–Dec. 11, 6:00–7:30 p.m.

#### Mediterranean Cooking

French-inspired / April 9, 7:00–9:00 p.m.

#### Little Tykes

A parent-child cooking class / April 19, 9:00–11:00 a.m.

#### Ayurvedic Cooking

Spring cleansing and renewal / May 2, 6:00–8:00 p.m.

For more information and to register:

[foodasmedicineinstitute.com](http://foodasmedicineinstitute.com)



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