



Discover the Power of Food as Medicine



A panel discussion by Healing Food Institute

"Let your food be your medicine and your medicine be your food" Hippocrates 460 - 359 BC





Nature has provided all nutritional and medicinal resources required for the existence of all living beings. Certain foods not only prevent you from getting ill but also act as medicine for any dis-ease you may have. Wisdom from Ancient Civilizations has proven that sickness is not contracted but instead is created by the body when your body's defense system breaks down due to un-healthy thoughts, food, water, air, environment and life style.

You will learn:

- ♥ The difference between Food and Medicinal Nutrition
- ♥ Health benefits of some significant food, spices and herbs
- ♥ Why the way to cook and way you eat matters more than the food itself.

Plus: Network with your peers and enjoy a simple home cooked vegetarian dinner

Presenters

			
Anna Midolo, Nutritionist	Alicia G., Homeopath	Dr. Taebi, Doctor Natural Medicine	Lori Davies, Holistic Food Chef Teacher

Review presenters profiles at our website: <http://healing-food-institute.org/panel/>

Date and Time

Tuesday February 9, 2010 at 6 pm

Location

Holistic Cooking Academy of Canada, 34 May Street, Richmond Hill, L3T 3M9
Two blocks south of Major McKenzie, west of Yonge.

Details & Registration

<http://www.meetup.com/Healing-Food-Institute/calendar/12257958/>

Your Investment

Your investment- \$20, which includes a vegetarian dinner by Holistic Cooking Academy
Please R.S.V.P. at <http://www.meetup.com/Healing-Food-Institute/calendar/12257958/>

Healing Food Institute is an educational not-for-profit community group established to discover the healing power of food. It aims to cultivate and nurture an awareness of healthy foods and healthy life styles so that you can be free from dis-ease.

Details: <http://healing-food-institute.org>

For more information, send an email to Max Haroon, Founder & Executive Director, Healing Food Institute max@FriendsofHeart.org or phone 416-891-4937