



Can Your Food be Your Nutritional Supplement? Maximize Your Nutrition with High Potency Food

Join an Educational Panel Discussion,
Network with Diversified Health Practitioners and
Relish Nutritious Food prepared by Holistic Cooking Academy

A Nutritional supplement (also called dietary supplement), is a preparation intended to provide nutrients, such as vitamins, minerals, fiber, fatty acids or amino acids, that are missing or are not consumed in sufficient quantity in a person's diet.






You will learn:

- ♥ What is a nutritional supplement?
- ♥ What are daily requirements?
- ♥ Do you need to take nutritional supplements, what are best sources?
- ♥ Are there any special foods: vegetables, fruits, spices, essential oils which can be used as a nutritional supplement



Articles dealing with the topic are provided to attendees.

Presenters

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

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

Date and Time

Wednesday April 14, 2010 at 6 pm

Location

Holistic Cooking Academy, 34 May Avenue (South of Major Mackenzie), Richmond Hill

Details & Registration

<http://www.meetup.com/Healing-Food-Institute/calendar/12823247>

Your Investment

Your investment- \$20 online (\$25 at the door), which includes Nutritious Organic Dinner and articles.

Please R.S.V.P. at <http://www.meetup.com/Healing-Food-Institute/calendar/12823247>

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