



Let food be your medication

Come learn from three experts how diet may impact your health and wellness



Terry Wahls, MD

Dr. Wahls is a Clinical Professor of Medicine at the University of Iowa where she conducts clinical trials testing the efficacy of therapeutic lifestyle to treat multiple sclerosis-related symptoms. She is the author of "The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine," and will be discussing Paleo principles in chronic disease. Dr. Wahls, an MS patient, has moved from a wheel chair to being completely ambulatory. She attributes her improvement to diet changes she made.



Joel Kahn, MD

Dr. Kahn, known as America's Heart Doctor, is a practicing cardiologist and Clinical Professor of Medicine at Wayne State University School of Medicine. Dr. Kahn has authored scores of publications in his field and has five books in publication including "The Plant Based Solution." He owns three health restaurants and will discuss Vegan Diet in Cardiovascular Disease.



Julie Feldman, MPH, RD

Ms. Feldman is a nationally recognized registered dietitian and author. Feldman is the author of "Grocery Makeover: Small Changes for Big Results." She will guide attendees on how to read food labels.



Join us!



Sept. 21
8:30 a.m.-noon

Ascension
Macomb-Oakland Hospital,
Warren Campus - Auditorium
11800 E. 12 Mile Road
Warren, MI 48093

Breakfast served at 7:45 a.m.
Conference begins at 8:30 a.m.



Registration required.
Go to ascension.org/events
and search: Let Food Be Your
Medication

Cost is \$10

*Before starting any nutrition/lifestyle
modification program, please discuss your
individual case with your doctor.*