

Dietary & Nutritional Support for Stress, Anxiety & Depression

Wednesday, November 26
7 - 9 pm



This talk will show you specifically HOW foods and nutrients support or compromise the way your brain works, and how you feel. You will learn the key foods and nutrients to use, or avoid, for improving mood, managing stress, and addressing anxiety and depression.

Points we'll cover:

- role of protein, fats and carbohydrates, including quantities and ratios
- nutrients needed by the brain for structure and function
- foods and nutrients that increase or decrease neurotransmitters
- foods and nutrients to balance brain function
- the roles of digestion, gut flora, inflammation and brain allergies



Paul Demeda is a Holistic Nutritionist with a clinical practice at the D'Avignon Digestive Health Centre and the Wellness Institute in Toronto, specializing in digestive issues, mental health, and cancer. Paul has also created and taught nutrition courses for the Institute of Holistic Nutrition, Centennial College in Toronto, and the Edison Institute of Nutrition, and is the author of the upcoming book *The Visual Guide to Holistic Health*. Paul presents seminars highlighting content from the annual Orthomolecular Medicine Today conference and was a conference speaker in 2014.

Ontario Institute for Studies in Education

252 Bloor St. W, Room 5280, Toronto

Members \$5 | Advance Registration \$10 | Door \$15

Pay-what-you-can available by request.

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