



change your diet, change your life – april 28, 2007

You are warmly invited to join us for an information-packed event that will make a dramatic difference in your health and that of your family. This inspiring day will cover the importance of incorporating traditional, nutrient-dense foods into your diet on a daily basis.

YOU WILL LEARN ABOUT:

- *The old-fashioned foods that give limitless energy and vibrant health*
- *The foods that help babies and children to grow smart and strong*
- *The essential role of butter and other high cholesterol foods*
- *The significant dangers of modern soy foods*
- *The importance of eating foods from pasture-fed animals*

This exciting, day-long event will be held on April 28, 2007 at the Skirball Cultural Center, nestled in the foothills over Brentwood, and will include a delicious, nourishing lunch.

SALLY A. FALLON, president of the Weston A. Price Foundation and author of *Nourishing Traditions* and *Eat Fat, Lose Fat*, is our keynote speaker.

RAYMOND SILKMAN, DDS, will discuss the intrinsic relationship that exists between diet and dental health.

VICTORIA BLOCH AND HOLLIE GREENWOOD, founders of Real Cooking, will inspire you to take the next steps towards changing your life, one meal at a time.

LUNCH MENU:

Wild salmon chowder with Weiser Family Farms organic heirloom potatoes

Thai chicken coconut soup

Red quinoa salad with pine nuts, green onions, organic olive oil and lemon vinaigrette

Organic mixed green salad with honey cider vinaigrette

Rosie free-range chicken salad with tarragon, lemon and homemade mayonnaise

Sliced, grass-fed roast beef and organic turkey breast

Bezian's Bakery sourdough bread

Raw milk sliced Gruyère and Manchego cheeses

Organic tomatoes, onions, lettuce, pickles and assorted spreads

Organic Pastures raw whipped cream with organic seasonal berries

Assortment of organic teas and coffee

PROGRAM:

- 9:00-9:30 AM **REGISTRATION**
- 9:30-11:30 AM **THE OILING OF AMERICA, *Sally A. Fallon, Weston Price Foundation***
Sally will discuss the sources of fats and oils in traditional diets. You will learn about the basics of lipid biochemistry, and how to choose good fats while avoiding bad ones.
- 11:30-1:00 PM **LUNCH**
The menu for our delicious lunch features organic, locally grown foods, prepared according to the traditional principles in *Nourishing Traditions*.
- 1:00-3:00 PM **NOURISHING TRADITIONAL DIETS, *Sally A. Fallon, Weston Price Foundation***
Animal fats, properly prepared whole grains, enzyme-enriched foods and nourishing bone broths kept our ancestors healthy. Sally explains why we need these foods, too. Beginning with a presentation of Dr. Weston Price's unforgettable photographs of healthy traditional peoples, Sally delineates the underlying factors in a variety of traditional diets that conferred beauty, strength and complete freedom from disease on so-called "primitive" populations.
- 3:00-3:15 PM **BREAK**
- 3:15-4:30 PM **NUTRITION AND DENTAL HEALTH, *Raymond Silkman, DDS***
Dr. Silkman will cover the close relationship of diet and dental health, including cranial and dental development and their effect on overall physical and mental well-being. He will also discuss several cases and their treatment outcomes, as well as the importance of including nutrient-dense foods in our diet.
- 4:30- 4:45 PM **BREAK**
- 4:45- 6:00 PM **MAKING THE TRANSITION TO WHOLE FOODS COOKING AND EATING, *Victoria Bloch and Hollie Greenwood, Real Cooking***
Hollie and Victoria will cover real-world steps to make preparing and eating delicious, nourishing foods part of your daily life.
- 6:00 PM **CLOSING**

EVENT SPECIFICS:

- DAY OF EVENT:** Saturday, April 28, 2007
- VENUE ADDRESS:** Skirball Cultural Center, 2701 North Sepulveda Boulevard
Los Angeles, California 90049
- PARKING:** Parking is free for event attendees. Follow the signs for visitor parking.
- TO REGISTER:** Go to www.realcooking.net. Payment by credit card only.
Last day to register is April 15, 2007.
- REGISTRATION FEE:** \$125 per person (includes lunch)
- FOOD DONATIONS:** Organic Pastures (raw, grass-fed butter and cream), Weiser Family Farms (organic, heirloom potatoes), and Bezian's Bakery (sourdough bread)