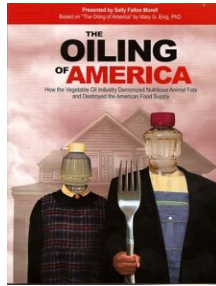


*Do saturated fats and high cholesterol really cause heart disease?  
Is a low fat diet the best way to be “heart healthy”?*

*Come learn about the role of cholesterol in the body, the history of the cholesterol theory of heart disease, and the benefits of traditional foods.*

# The Oiling of America



## Evening Workshop with Sally Fallon

Author of the bestselling, *Nourishing Traditions* ❄️ President, Weston A. Price Foundation

**Friday, February 20<sup>th</sup>, 7-9 pm**

Community Church of NY, 40 East 35<sup>th</sup> Street (btw Park and Madison Aves), New York, NY

### Topics covered include:

Misinformation and deception in heart disease research  
The vital role of cholesterol and saturated fats in human biochemistry  
The behind-the-scenes influence of the powerful vegetable oil industry  
How the cholesterol theory of heart disease has led to our current health crisis  
Dangers of cholesterol-lowering drugs  
What traditional foods are & why they are so critical for our health

**Sally Fallon** is the founding president of the Weston A. Price Foundation, a nonprofit nutrition education foundation that provides science based information on nutrition, cholesterol and dietary fats. She is the author of the best selling cookbook, *Nourishing Traditions* and *Eat Fat, Lose Fat*, both with Mary G. Enig, PhD, the first scientist to warn the public about the dangers of trans fatty acids.

## Workshop Fee:

General Admission: **\$20**

Low-Income or Weston A. Price Foundation or Traditional Nutrition Guild Member: **\$15**

## Registration:

*~Space is limited. Pre-registration is strongly suggested~*

Credit card registration: <http://www.brownpapertickets.com/event/54312>

Please send payments by check (made out to Weston Price Foundation – NYC chapter) to:

Claudia Keel, One Union Square West suite 309, New York, NY 10003

## For more information contact:

Angela Davis at [angela@wprice-nyc.org](mailto:angela@wprice-nyc.org) or Claudia Keel at [claudia@wprice-nyc.org](mailto:claudia@wprice-nyc.org)



Weston A Price Foundation – NYC chapter

[www.wprice-nyc.org](http://www.wprice-nyc.org)