

Waldorf School of Baltimore Fall Speakers Series

Wednesday, October 1, 2008: 7:00pm to 8:30pm

Nourishing Traditions: the future of nutrition and wellness

Speaker: Sally Fallon, Journalist, author, chef, nutritionist, and homemaker.

The Waldorf School of Baltimore is very pleased to welcome renowned author and journalist, Sally Fallon, to the Waldorf School of Baltimore Fall Speakers Series.

In her controversial cookbook *Nourishing Traditions*, and in numerous articles, nutrition journalist Sally Fallon challenges the current low-fat approach to diet and the role of the food processing industry in the future health of our nation.

Ms. Fallon draws on a wealth of scientific and anthropological research to argue that animal fats and cholesterol are vital factors in our diet, necessary for normal growth, proper functioning of the brain and nervous systems, protection from disease, and to maintain optimum energy levels. Ms Fallon talks about why these are especially necessary for the healthy and normal development of babies and children.

Ms. Fallon supports the return to organic farming, pasture-fed livestock and whole traditional foods, properly prepared, if Americans are to regain their health and vitality. She looks at the benefits of an economy based on small scale organic production and food processing that returns added value to the independent farmer, rather than to large-scale food processing conglomerates.

An entrance fee of \$5.00 will be collected for this event at the door. No advance registration needed.

For further details about this and other speakers in our Fall Speakers Series, please contact Bonny Mochan at 410 367 6808 ext 203, or by email on bmochan@twsb.org