

THE WESTON A. PRICE FOUNDATION®

DUPAGE COUNTY CHAPTER JANUARY MEETING

Meeting Location & Time:

IMMANUEL LUTHERAN CHURCH
5211 Carpenter Street
(at Grove Street)
Downers Grove, IL 60515

Sunday, January 4th
2:00pm

**WE MEET THE 1ST SUNDAY
OF EVERY MONTH.
VISIT OUR CHAPTER'S WEB
SITE FOR MEETING
LOCATION, TOPICS AND
A LIST OF LOCAL FOOD
SOURCES.**

www.WestonPriceClub.com

The Weston A. Price Foundation is a nonprofit, tax-exempt charity founded in 1999 to disseminate the research of nutrition pioneer Dr. Weston A. Price and is dedicated to restoring nutrient-dense foods to the American diet through education, research and activism. It supports a number of movements that contribute to this objective including accurate nutrition instruction, organic and biodynamic farming, pasture-feeding of livestock, community-supported farms, honest and informative labeling, prepared parenting and nurturing therapies. More details and lots of helpful information is available on the Foundation's web site:

www.westonaprice.org

Join us for an enlightening presentation on ...

Using Medicinal Foods to Boost Your Immune System and Stave Off Colds & Flu

You'll learn about:

- ◆ How the immune system works
- ◆ Nutrients that affect immunity
- ◆ How to eat to boost immunity
- ◆ How to protect yourself against colds and flu
- ◆ How to shorten the life of a cold or flu

Our featured speaker is ...

AMY KOSOWSKI

Amy Kosowski has been a licensed nutritionist in the state of Illinois for eight years. Before obtaining her license, Amy studied molecular mechanisms of disease processes, nutritional biology, physiology, as well as other pertinent topics at the University of Chicago, where she received her Master's Degree in 2000. Amy currently does some private consultations, but she primarily works full time for NOW Health Group (Bloomington, IL) as part of the product development team. Amy is also a Registered Patent Agent. Her recently published chapter, "Vitamin E: Natural vs. Synthetic," appeared in the book, Tocotrienols, Vitamin E Beyond Tocopherols (CRC Press, Taylor & Francis Group, 2009). She does technical writing and educational speaking upon request.

OUR NEXT MEETING:
Sunday, February 1st at 2:00pm

TOPIC:
**Internal Cleansing & Gut Health: Your Inner
Environment Determines Your Level of Health**

VISIT OUR WEB SITE FOR MORE DETAILS!

www.WestonPriceClub.com