

The Foundation For Real Nutrition and Sustainable Living

Meeting Location & Time:

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

**Sunday, November 1st
2:00pm**

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

The Foundation for Real Nutrition and Sustainable Living is a nonprofit group founded to provide a supportive community for those who want an energetic and enjoyable lifestyle of eating nutrient-rich, properly prepared whole foods while not compromising the ability of future generations to do the same. To achieve our mission, we host fun and lively monthly general meetings that are open to the public, monthly "In the Kitchen" special events for members, and other events that provide lots of practical information on supportive topics. We also provide sources of organic foods, raw milk products from pasture-fed livestock, and pasture-fed eggs and livestock in Northern Illinois and surrounding areas. Visit our web site for more information.

Join us for an enlightening presentation on ...

Acid Reflux – A National Epidemic/ Treatment with Traditional Foods

There are endless radio, television, internet and magazine ads dedicated to medication that treats acid-reflux and other related digestive complaints. Sixty million Americans, including infants, have acid-reflux and many more don't know they have it. Come to this presentation and learn:

- What are other lesser-known symptoms of acid reflux.
- What is the cause of this massive increase in GERD (*there has been a 56% increase in the last few years of medicine for acid-reflux and digestive disorders in infants and children from 0-4 years old!*).
- Why the "purple pill" is the wrong answer to your health challenge.
- How untreated or incorrectly treated acid reflux may lead to serious, life-threatening illness and it may be a precursor of severe degenerative conditions.
- How to effectively heal acid reflux and intestinal damage with traditional foods.

Our featured speakers are ...

Dr. John Turner and Kathryne Pirtle

Kathryne Pirtle is a world-class clarinetist whose career nearly ended because of performance difficulties caused by acid reflux, celiac disease, chronic inflammation and other health problems.

Dr. John D. Turner is a Certified Chiropractic Sports Physician and a Board Certified Chiropractic Neurologist who has run a successful private practice in Glendale Heights (IL) for more than 25 years.

Pirtle and Turner (with Sally Fallon) are the authors of ***Performance Without Pain: A Step-by-Step Nutritional Approach for Healing Pain, Inflammation and Chronic Ailments in Musicians, Dancers, Athletes...and Everyone Else.***

OUR NEXT MEETING:
Sunday, December 6th at 2:00pm

VISIT OUR WEB SITE FOR OUR TOPIC AND MORE DETAILS!
www.FoundationForRealNutrition.org