

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, September 6th
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 ...

THE ART OF HOLISTIC NUTRITION

Part 2 of 2

It is quite obvious that except for breast milk (from a well-nourished mother) being the perfect food for all human infants, there is no food or diet that is right for everyone. In a two part lecture series, nutritionist Jim Marlowe will present a comprehensive and holistic approach to the art of nutrition. **IN PART ONE**, we:

- Learned about the profound differences between an allopathic approach to nutrition which dominates the alternative community as compared to a truly holistic approach to nutrition (An allopathic approach to nutrition is one that is focused on the symptoms or conditions – NOT, the whole person).
- Learned about the seven fundamental principles of the art of nutrition. A general overview of these principles will be given as preparation for a more specific teaching that will be the primary focus of part two of this lecture series.
- Were given handouts to help you address the second fundamental principle of the art of nutrition, which is: MAKE THE RIGHT FOOD CHOICES FOR YOUR TYPE OF METABOLISM. Knowing your basic type of metabolism is the key issue that determines which food groups will be the most nutritionally valuable for you as well as which food groups will most likely be the biggest trouble makers for you.

Now, **IN PART TWO** of this lecture series, Jim will address the seven fundamental principles of the art of nutrition as they specifically apply to each of the three basic types of human metabolisms: protein-type metabolism, mixed-type metabolism, and carbo-type metabolism. You will also learn about the indicators that help us all to identify whether we are or are not truly nourishing our children and ourselves properly.

If you want to create the possibility of using food as your medicine to strengthen yourself where you are weak and to balance yourself where you are out of balance, it is essential to have an understanding and appreciation for the practice of eating right for your type of metabolism.

Our featured speaker is ...

JIM MARLOWE

Jim Marlowe has been studying nutrition for 31 years. He has been a nutrition counselor on a professional level for 23 years. He has worked as the chief nutritionist at 2 different nutritionally oriented and busy medical clinics over a 9-year period. He currently has a private nutrition counseling practice in addition to serving as chief nutritionist at Zoetica, a wellness center and health spa (and the country's first certified green and certified organic building) operated by Dr. Lily Ostojich in Chicago. Jim has much experience teaching people how to use their food as their medicine and he faithfully practices what he teaches.

OUR NEXT MEETING:

Sunday, October 4th at 2:00pm on Holistic Dentistry

VISIT OUR WEB SITE FOR MORE DETAILS!

www.FoundationForRealNutrition.org