

THE WESTON A. PRICE FOUNDATION®

# DUPAGE COUNTY CHAPTER NOVEMBER MEETING

## Meeting Location & Time:

Downers Grove Library  
1050 Curtis Street  
Downtown Downers Grove

Sunday, November 2<sup>nd</sup>  
2:00pm

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

[www.WestonPriceClub.com](http://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](http://www.westonaprice.org)

Join us for an enlightening presentation on ...

## An Introduction to Eating a Weston A. Price Inspired Diet

You'll learn about:

- ◆ The research of nutrition pioneer Dr. Weston A. Price
- ◆ The significance and enduring contributions of Dr. Price's findings
- ◆ How the typical modern diet deviates from Dr. Price's recommendations and the implications if left unchanged
- ◆ How to begin incorporating Dr. Price's recommendations

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, but works in close association with the holistic dentist and healer Dr. Lina Garcia and the holistic family practice doctor and healer Dr. Joseph Grasso. Later this year, in Chicago, Dr. Lily Ostojich will be opening a new wellness center and health spa called "Zoetica." It will be the first one in the country to be both a certified green building and certified organic. Jim has accepted Dr. Lily's offer to be the chief nutritionist at Zoetica. 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, December 7 at 2:00pm**

### TOPIC:

**Mastering the Basics: Strategies and Tips for Consistently Having a  
Nourishing Diet Even with Today's Demanding Lifestyles**

VISIT OUR WEB SITE FOR MORE DETAILS!

[www.WestonPriceClub.com](http://www.WestonPriceClub.com)