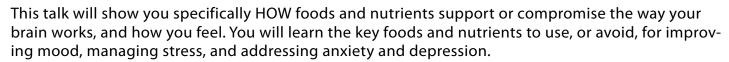


Spread the Health Series

Dietary & Nutritional Support for Stress, Anxiety & Depression





Points we'll cover:

- role of protein, fats and carbohydrates, including quantities and ratios
- nutrients needed by the brain for structure and function
- foods and nutrients that increase or decrease neurotransmitters
- foods and nutrients to balance brain function
- the roles of digestion, gut flora, inflammation and brain allergies



Paul Demeda is a Holistic Nutritionist with a clinical practice at the D'Avignon Digestive Health Centre and the Wellness Institute in Toronto, specializing in digestive issues, mental health, and cancer. Paul has also created and taught nutrition courses for the Institute of Holistic Nutrition, Centennial College in Toronto, and the Edison Institute of Nutrition, and is the author of the upcoming book *The Visual Guide to Holistic Health*. Paul presents seminars highlighting content from the annual Orthomolecular Medicine Today conference and was a conference speaker in 2014.

Ontario Institute for Studies in Education 252 Bloor St. W, Room 5280, Toronto Members \$5 | Advance Registration \$10 | Door \$15 Pay-what-you-can available by request.



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