

# Whole Food Is Medicine

Your Life, Your Health

## Secrets of Anti-Inflammatory Eating: A Webinar Series For Individuals Aiming to Become Their Healthiest Self!

### What is Anti-Inflammatory Eating?

Anti-Inflammatory eating is a whole food approach to eating for health and wellness. Anti-Inflammatory eating is not a diet or a gimmick, but a way of healthy eating that can help **prevent**, **manage**, and **improve** diseases of inflammation such as heart disease, diabetes, excess weight, and cancer.

### Who Can Benefit from Anti-Inflammatory Eating?

Anti-Inflammatory eating is for everyone! No separate and special plates of food are required. If you have a family, you can feel good about having everyone eat this way!



### What Will I Learn?

The 5-week series will walk you through the six principles of anti-inflammatory eating. You will receive access to weekly video lessons and educational materials that will allow you to:

- Learn new skills to build upon each week.
- Learn how to sustain health behavior changes to meet your health goals.
- Discover the truth about organics, dietary supplements, gluten, sugar, and more!

### What Else?

All program participants will have a personal account allowing virtual access to a Registered Dietitian Nutritionist (RDN) throughout the duration of the program. From the kitchen, grocery store, or restaurant-participants can use the chat feature to send the RDN questions on application of new healthy eating behaviors.