

Anti-Inflammatory Diets— What You Need To Know



Dr. Samantha Brody, ND, LAc
Naturopathic Physician
Guidance & Inspiration for Health & Vitality

Thursday, January 23
6:00pm – 8:00pm
Hyatt Training Studio, 1622 NW 15th

Dr. Samantha Brody will be sharing her expertise about anti-inflammatory diets and the effect in the body of certain foods we eat. Beyond gluten-free, she will be discussing how foods affect you. Recovery, performance, brain power, etc. Learn how inflammation settles in your bodies, what you can do to treat it, and most importantly, how to prevent it. The presentation will include some of the science of inflammation as well as anti-inflammatory medications, herbs, supplements and nutritional strategies that you can implement right away.

This is a lecture that everyone will get something useful from — not just those eating a particular diet. **Dr. Samantha Brody will speak from 6 to 7pm. From 7 to 8pm we will have a Gluten Free Beer Tasting and social hour sponsored by Harvester Brewing.** A chance to catch up with your buddies while you're not doing lunges.

RSVP

Cost is \$20 for current Hyatt Training members, \$30 for guests

To register for the event, please email:
Jeremy@HyattTraining.com

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