

Clarian West Integrative Care Center  
presents...

# Healthy Cooking Class

...With Jodi Smith

Thursday,  
May 28th

6:00pm ~ 8:00pm

Clarian West Medical Center  
in the  
Integrative Care Center  
Classroom (B1500)

Clarian Employee:  
\$10

Individual:  
\$15

Family(2):  
\$25

**To register:  
Call 217-3675**

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check or credit card  
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## Inflammation

- Chronic inflammation may be the root cause of heart disease, cancer, osteoporosis, Alzheimer's, autoimmune diseases like rheumatoid arthritis and psoriasis, and many other immune disorders.
- Inflammation is a particular issue for women during and after menopause.
- One of the most common conditions related to inflammation is allergies.
- Reducing inflammation is one of the simplest and most powerful ways to improve your health and prevent many of the common complaints of aging — without drugs.
- Functional Medicine suggests the seeds of chronic inflammation (and a lot of other health issues) start with the gut. Two-thirds of the body's defenses reside in the gastrointestinal (GI) tract.
- Early signs of an inflamed digestive tract are intestinal bloating, frequent bouts of diarrhea or constipation, gas and pain, and heartburn and acid reflux are.
- Learn about foods and environmental factors that promote inflammation and the foods and lifestyle changes that will balance chronic inflammation.

Jodi is a practicing Nutritional Consultant. She has been teaching and training people in practical nutrition for over 30 years. She lives in Brownsburg with her family where they farm organically.

Dr. William Sobat is Director of the Integrative Care Center.

Next Class - September 17th

