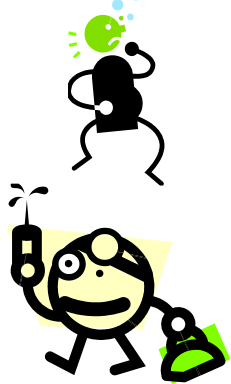


Seminar Series: Topic Food & Mood



Jim McAfee, CCN is a Board Certified Clinical Nutritionist through the International and American Association of Clinical Nutritionists. He is also a member of their Scientific Council. Jim has worked as Director of Nutritional Research for Image Awareness Corporation since 1974. He is author of the book *Your Body's Sign Language: Clues to Nutritional Well-Being*. He has published the Image Awareness Healthletter since the 1980's. Jim has been called the Sherlock Holmes of Nutrition because of his unique insights into the nature of chronic disease and the nutritional aspects of health problems.

Agenda ~



History of nutrition and application today.

Opportunity to ask questions.

Focus on relationship between diet and mood disorders.

Nutrients shown to improve depression, bipolar, etc.

Psychiatric medications and their problems.

Food allergy—the behavior connection.

Date: Second Saturday, March 11, 2017

Time: 9:30am ~ 11:30am

Place: Image Awareness, 1271 High Street, Auburn, CA 95603

Cost: \$5.00 Fee for materials

Call for reservations: (530) 823-7092 – Image Awareness