



The Okanagan Health Forum for Health Professionals

“Controversial Topics In Nutrition”

Sponsored by
Whole Foods Market

Tuesday, Oct 27, 2015

12:00 noon – 4:00 p.m.

Penticton Health Centre (Multi-Purpose Room)

740 Carmi Avenue, Penticton



Sid Kettner, MD

Never Give Up!

Pleasant, Patient and Persistent while Promoting Peak Health & Wholeness

Forty plus years of practice in Family and Lifestyle Medicine from Yellowknife to Hong Kong, then to Creston, BC taught **Dr. Sid Kettner** a lot about his passion – teaching patients how NOT to need his services. He has lectured extensively from Mainland China to Argentina teaching the public how to avoid the common killer diseases of the affluent. He believes all health professionals, traditional or alternative, must work together for the common good of those who are harming themselves by the way they eat, exercise or deal with stress.



Hans Diehl, DrHSc, MPH

Lifestyle Medicine: The Next Frontier in Treating and Reversing Chronic Diseases

The accomplishments of modern medicine have been prodigious. And yet, these advances in high-tech medicine to take care of acute and episodic diseases have not altered the advances of our modern chronic diseases, accounting now for 70% of our deaths and consuming the majority of our national health care budgets. Dr. Hans Diehl (Clin Prof, School of Medicine, Loma Linda University, Loma Linda, CA) with more than 70,000 graduates from his CHIP program will show how we can and must go beyond the mere symptomatic treatment of these diseases.



Brenda Davis, RD

Deconstructing the Paleo Diet: A Scientific Perspective

"Paleo diets" have attracted a huge following. The basic premise is that the diet humans ate in pre-agricultural, Paleolithic times is best suited for human health. Paleo diets exclude damaging foods such as highly processed foods, fast foods and fried foods. However, they also exclude legumes and whole grains. Does current science support the premise of the paleo diets? In this presentation, Brenda Davis, RD, examines the claims of the paleo movement - the pluses, minuses, and the ethical and ecological consequences of this dietary pattern. Be prepared for some surprises.

**Registration Fee - \$ 40.00
(includes lunch)**

Seating is limited – Early registration is recommended

WORKSHOP SCHEDULE

12:00 Noon	Lunch
12:20	Welcome & Introductions
12:30 – 1:30 pm	Sid Kettner, MD
1:35 – 2:35 pm	Hans Diehl, DrHSc, MPH
2:35 – 2:45 pm	Break
2:45 – 3:45 pm	Brenda Davis, RD
3:45 – 4:00 pm	Final Questions & Closing Remarks

REGISTRATION OPTIONS

1. Online - for credit card payments:
<http://tiny.cc/okhealthforum>
2. Manual Registration - Please email the following information to:
Margie at okanaganhealthforumpenticton@gmail.com

Name: _____

Organization: _____

Discipline: MD DC PHN/RN
 RMT RD ND
 Other: _____

Please mail your cheque made payable to:
Okanagan Health Forum
178 Sunset Place
Penticton, BC V2A 3W6


PARKING

Please allow extra time to park, as Health Centre parking is reserved for families using the Centre's services. Parking options, listed closest to furthest (1-4 blocks distance):

- Some spaces at hospital for \$5/day
- Britco (free, contact Margie for info)
- Dartmouth Street
- Duncan Avenue east of Government

Lunch will be provided, generously sponsored by



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Visit www.okanaganhealthforum.com for info on the evening public events.

For further information, contact Margie at okanaganhealthforumpenticton@gmail.com