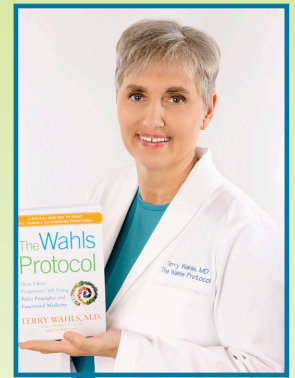


The Wahls Protocol: A Radical New Way To Treat All Chronic Autoimmune Conditions

Presented by Terry Wahls, M.D.



The Wahls Protocol A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles Dr. Terry Wahls will discuss the diet and lifestyle choices that she used to recover her function after four years in a tilt/recline wheelchair due to progressive multiple sclerosis. She will also discuss how her protocol is working in her therapeutic lifestyle clinic, where she manages people with complex chronic autoimmune conditions. She will also review her clinical trials of using diet and lifestyle to treat multiple sclerosis. You will learn how you can use diet and lifestyle to restore your energy, banish brain fog, lose weight without being hungry, and reduce the symptoms associated with your autoimmune problem.

Dr. Terry Wahls is a clinical professor of medicine at the University of Iowa where she teaches internal medicine residents, sees patients in a traumatic brain injury clinic and conducts clinical trials. She is also a patient with secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. Dr. Wahls restored her health using now pedals her bike to work each day. She is the author of The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine and the paperback, The Wahls Protocol A Radical New Way to Treat All Chronic Autoimmune Conditions Using Paleo Principles and teaches the public and medical community about the healing power of intensive nutrition.

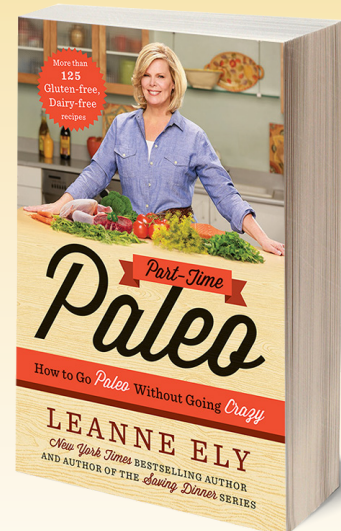
Part Time Paleo

Presented by Leanne Ely



Leanne Ely is a New York Times best selling author and the author of the Saving Dinner series. According to Woman's Day Magazine, she is the expert on family cooking.

Her media experience includes multi-city book tours, satellite media tours, QVC several times as well as guesting on several national television shows, including HGTV's Simple Solutions, ABC Family's Living the Life, Ivanhoe's Smart Woman, Small Talk for Parents and Talk of the Town. She has guest chef-ed on the cooking show, Carolina Cooks and has taught cooking classes all over the country for Bloomingdale's.



Montrose Location:

Tuesday, Jan. 13th • 6:00pm

Solon Location:

Wednesday, Jan. 14th • 6:00pm

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