



Cordially invites you to attend

## **The 15th Annual Valentine's Health Seminar**

**“Get Busy Eating or Get Busy Dying!!”**

**The Choice is Yours!!**

**Keynote Speaker**



Steven Gundry, MD

**Moderator**



Sheila Kar, MD

More than 2500 years ago, Hippocrates, Greek Physician said: “Let food be thy medicine and medicine be thy food. “Healthy diets can optimize both short- and long-term health and reduce the risk for several health conditions. Poor nutrition is a primary contributor to morbidity globally, and associated with 1 in 4 US deaths. About ½ of US adults have 1 or more preventable chronic diseases related to food. Simply put, food can help people live healthier and longer lives and food can also help people die prematurely.

The relationship between people and food is complex. Modifying food consumption is difficult, and behavior is hard to change. Eating behavior is also complicated by the fact that food is essential to life, is a core part of cultural identity and social relationships, but we lack the full control over and knowledge of what we eat. Even less is known about the gut feeling. It is said, Take care of your Gut, and your Gut will take care of you”.

This year's seminar will provide information about how we can maintain health, prevent and reverse disease by eating wisely and improving gut health.

“Knowledge is Power.” Do not miss this very informative seminar to improve your health and that of the community. Please attend with friends, family and children.

**DATE: Saturday, February 9<sup>th</sup>, 2019**

**3:00 - 3:30 pm: Registration**

**3:30 pm - 5:30 pm: 15<sup>th</sup> Annual Valentine's Health Seminar**

**VENUE: The Beverly Wilshire Hotel, 9500 Wilshire Blvd., Beverly Hills, CA 90212**

Please RSVP to Nicole Levitt at **(310) 930-1858** or [nicole@ewamlc.com](mailto:nicole@ewamlc.com)

**Admission is Free**

**Parking Free for Seminar Attendees**

This event is supported by your generous donations which are deeply appreciated. Please remember the words of Winston Churchill, **“We make a living by what we get, we make a life by what we give.”**

*The Sheila Kar Health Foundation is a non-profit, tax-exempt organization under Section 501(c)(3) of the Internal Revenue Code and Section 23701 of the California Revenue and Taxation Code(Tax ID#:20-4259640). Contributions to the Sheila Kar Health Foundation are deductible for computing income and estate taxes. You may also donate through the website:[www.skhf.net](http://www.skhf.net)*

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### **Panelists**

**Steven Gundry, MD:** Keynote Speaker. Former Cardiothoracic surgeon, Founder of the Center of Restorative Medicine; author and researcher investigating impact of diet on health. He was the pioneer in infant transplant surgery, and is a New York best-selling author of books, such as Plant Paradox & Diet Evolution.

**Sheila Kar, MD:** Attending Cardiologist and Past-Clinical Chief, Smidt Heart Institute at Cedars-Sinai Med. Ctr, Asst. Cl. Professor of Medicine, David Geffen School of Medicine at UCLA