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Sedona Health & Nutrition Conference Highlights the Healing Power of Food as Medicine

Designed for healthcare professionals, the conference will explore how plant-based nutrition is changing medical practice in the U.S.

SEDONA, ARIZ. — On January 16-17, 2020, the 4th Annual Sedona Health and Nutrition Conference will take place at the beautiful L’Auberge de Sedona resort. Presented by Healthy World Sedona in partnership with Northern Arizona University Health Studies and Northern Arizona Healthcare, this enlightening, educational event will showcase the latest research on food as medicine and the power of plant-based nutrition. Medical professionals may receive up to 11.0 AMA PRA Category 1 Credits, and dietitians may receive up to 10.0 CPEUs for attending the conference, which will feature evidence-based presentations by leading national experts.

Interest in plant-based nutrition is rapidly growing among patients and practitioners alike. As more research is publicized indicating that the plant-based diet may be capable of preventing or even reversing many of the most dreaded, deadly health conditions — including type 2 diabetes, heart disease, Alzheimer’s and certain cancers — healthcare providers are increasingly turning to lifestyle medicine as a way to transform their patients’ lives. Attendees of the Sedona Health and Nutrition Conference will learn about the scientific links between diet and chronic disease prevention and control, as well as how to promote lasting behavior modifications that will encourage patients to adopt a plant-based diet and other healthy lifestyle changes.

The conference will feature an impressive line-up of speakers with expert knowledge of the plant-based diet, including Michael Greger, MD and Doug Lisle, PhD. Dr. Greger is an internationally recognized professional speaker and author of the New York Times instant bestseller, “How Not to Die.” He has lectured extensively on key public health issues, appearing at the Conference on World Affairs, the National Institutes of Health, the International Bird Flu Summit, and many other notable forums. At the Sedona Health and Nutrition Conference, he will deliver a presentation entitled, “How Not to Die: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers.” In addition to being a general practitioner specializing in

clinical nutrition, Dr. Greger is a founding member and Fellow of the American College of Lifestyle Medicine. Dr. Greger's latest nutritional research may be found at his site, <https://nutritionfacts.org>.

Doug Lisle, PhD is the founder of Esteem Dynamics, a revolutionary, biological approach to human psychology and wellbeing. Heavily influenced by leading scholars like Richard Dawkins, John Tooby and Leda Cosmides, Esteem Dynamics is the product of Dr. Lisle's 25 years of clinical experience combined with deep insights into evolutionary psychology. Dr. Lisle is also the author of "The Pleasure Trap: Mastering the Hidden Force that Undermines Health and Happiness," which explores the factors that make humans susceptible to dietary and lifestyle excesses. He will be lecturing on "The Pleasure Trap" at the Sedona Health and Nutrition Conference. After serving on the research staff at the Department of Veteran Affairs at the National Center for Post-Traumatic Stress Disorder, Dr. Lisle is now the Director of Research for the TrueNorth Health Center and a psychologist for the McDougall Wellness Program, both of which are located in Santa Rosa, Calif.

With education and inspiration from some of the nation's top experts on the plant-based diet, attendees of the Sedona Health and Nutrition Conference will gain the insight needed to lead their patients and clients to true, lasting healing through lifestyle changes. Early bird tickets are available through December 15 at a rate of \$260 for the full conference, \$90 for Thursday only and \$170 for Friday only. After December 15, rates will increase to \$295 for the full conference, \$105 for Thursday only and \$190 for Friday only. A full conference ticket includes a delicious whole-food, plant-based lunch on Friday. Students and members of supporting organizations are eligible for discounts off of both the early bird and regular rates. To purchase tickets and learn more about this eye-opening event, visit <https://healthyworldsedona.com/health-nutrition-conference-2020/>.

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About Healthy World Sedona: Healthy World Sedona is a 501(c)(3) nonprofit organization based in Sedona, Ariz. As an affiliate member of PlantPure Nation and an organization certified by WFPB.org, it espouses personal health and wellbeing, the humane treatment of animals, and the recovery and preservation of our natural environment through a diet and lifestyle based on whole foods from non-animal sources. Further information about Healthy World Sedona is available at www.HealthyWorldSedona.com or by writing to info@healthyworldsedona.com.