



May 30, 2015 (Saturday) 9AM-10:30AM

Anti-Inflammatory Diet & Probiotics

Have you been told by your doctor to “eat a healthy diet” or ever wondered if you are missing key nutrients from your diet?

Have you thought about eating a healthier diet, but are confused about all the fad diets or how to get started?

Are you confused about which probiotics to take?

Dr Shibuya will review simple **strategies for you to incorporate an anti-inflammatory diet** and other ways to promote “gut health,” like taking probiotics, **to lower inflammation and to promote overall health.**

Most Americans who eat at “Standard American Diet” (S.A.D.) are nutritionally deficient and have higher levels of inflammation due to the sugars, white flour and processed foods they consume.

Inflammation is not only important in causing arthritis, but also contributes to heart disease, diabetes, cancer, aging and memory loss. If you learn how to eat a healthier anti-inflammatory diet, your inflammation level will decrease and you may be able to decrease not only your weight, but the medications you take for the above diseases.

Space is limited to 15 participants.

Agenda.

9:00AM - 9:15AM Registration

9:15AM - 10:30AM Main Presentation by Dr. Shibuya

10:30AM - 10:45AM Q & A, Adjournment

To learn more:

Shibuya Integrative Health - <http://www.fremontholistic.com>

Fremont Rheumatology – www.DrShibuya.com

Integrative Health - Rheumatology Seminar

Cost: \$25 per person

Registration website:

www.DrShibuya.com
click on the “EventBrite
Registration link”

Co-presented by

Fremont Rheumatology
510-791-1300

& Fremont Holistic Center

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