

“Food is The Medicine”

CHRONIC DISEASE REVERSAL SERIES

ADMISSION?...FREE!

**JUST BRING A WHOLE PLANT FOOD
INGREDIENT TO ADD TO A BIG SALAD!**

FEATURING KIRK HAMILTON PA-C



Reverse
Diabetes Today

January 19th



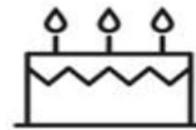
Reverse Heart
Disease Now

February 16th



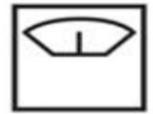
Alzheimer's
Disease

March 16th



You Can
Live to 100

April 20th



Reversing
Obesity

May 18th

Course Description: Chronic Diseases account for more than 80% of the United States enormous health care expenditures yet are not only preventable, but many times reversible with committed diet and lifestyle changes. This series is designed for those who want to reverse their disease with medically proven lifestyle approaches versus just trying to control their disease with modest lifestyle change and continued medical treatments. If you commit to these programs you will achieve results.

3rd Friday of Each Month

Starting January 19th, 2018 at 6 PM

Health Associates Medical Group
3301 Alta Arden, Suite 3, Sacramento, CA 95825

PLEASE CALL OR E-MAIL DUE TO LIMITED SEAT AVAILABILITY

916-716-2295 or email krhammer@surewest.net
(Subject Line – “Plant Potluck”)

Kirk Hamilton is a practicing physician’s assistant of more than 30 years in nutrition, prevention, integrative and lifestyle medicine. He has a passion for the prevention but reversal of chronic diseases through lifestyle change. Kirk Hamilton is the author of the book “Staying Healthy in the Fast Lane” and host of “Staying Healthy Today” show which interviews key researchers and physicians from all over the world on how to prevent and reverse chronic disease and live long, healthy and functional lives. “Kirk’s 21 Day Healthy Living Program” can be found at www.HealthyLivingforBusyPeople.com as well as signing up for his “Healthy Living Tips” health letter.

Whole Food Plant-Based Diets Without Added Oils Have Been Shown to Reverse Heart Disease, Diabetes and Obesity

If You Want To Bring a Plant-Based Dish Feel Free to Do So...Or Just Bring a Salad Ingredient

Food Ingredient Guidelines:

1. No animal products or added oils (plant or animal) should be used to prepare these dishes or be in these dishes if a packaged food is used. (No meats, poultry, fish, eggs and ALL dairy foods (cheese, milk, cottage cheese, yogurt, sour cream, ice cream, etc.).)
2. Use only foods “without a mother or face” – fruit, vegetables (starchy and non-starchy, whole grains, beans/legumes, yams, sweet potatoes, potatoes, squash (root vegetables), nuts and seeds (no more than 1 palm full in your dish).
3. **Keep it simple.** If you brought two pieces of chopped fruit that would be acceptable; as would a jar of mixed nuts; baked sweet potatoes; or a quickly put together bean dip with salsa thrown in. Keep it simple, tasty, inexpensive so anyone can do it.
4. If you want to make a plant-based dish and share it with people that is my goal. A list of several hundred FREE plant-based recipes can be found at <http://nutritionstudies.org/recipes/meal/>

ENJOY! KEEP IT SIMPLE!

CHRONIC DISEASE “REVERSAL” SERIES & “FOOD IS THE MEDICINE” PROGRAM

3rd Fridays, January – May, 2018, 6:00 – 8:00 pm

Health Associates Medical Group, 3301 Alta Arden Expressway, Sacramento, CA 95825

January 19, 2017 – “Reverse Type 2 Diabetes Today and Reduce Insulin Resistance and Insulin Requirements in Type 1 Diabetes!” Intact, whole, fiber-rich, low glycemic carbohydrates in the context of a low fat diet are the treatment of choice for reversing type 2 diabetes, insulin resistance and improving insulin sensitivity. Following these principles will reduce or eliminate (type 2) insulin requirements and preserve nerve, kidney, eye and vascular function in both type 1 & type 2 diabetics.

February 16, 2017 – “Reverse Heart Disease Now!” This class will review the causes of heart disease and use the best of the proven Esselstyn and Ornish program’s that have been shown to reverse the plaque and inflammation in your arteries. Along with diet, exercise, stress management and selected nutraceuticals will be reviewed. Learn what cardiologists and vascular surgeons say about heart disease reversal and get started reversing the world’s #1 killer today.

March 16, 2018 – “Alzheimer’s Disease Prevention and Reversal - Exploring the MIND Diet for Prevention and Bredesen Protocol for Treatment of Early Alzheimer’s Disease.” This talk will share ten diet principles to help you prevent Alzheimer’s disease and the review six metabolic pathways and metabolic “holes” that need to be optimized to reverse early Alzheimer’s disease and cognitive decline in some patients.

April 20, 2018 – “You Can Live to 100 – Lifestyle Lessons from The Blue Zones.” Learn the basic principles of diet, physical activity, social structure, stress management and daily purpose that are part of the lifestyles of centenarians (Blue Zones) from around the world. This talk’s purpose is to make these “l---*-ongevity pearls” applicable to your busy daily lives so you can live long functional, disease-free lives.

May 18, 2018 – “Reversing Obesity” - 28 Day Rapid Weight Loss By Increasing Body Metabolism and Not Counting Calories! – Use the power of nutrient dense, concentrated green smoothies, raw vegetables, whole food carbohydrates and good fats, interval, resistance and circuit training, to rapidly change your body metabolism, reduce your cravings and lose weight fast!