FOOD AS MEDICINE... plants and your health

Come learn how plants (botanicals) are used as food and medicine. Learn how botanicals could be the key to preventing diseases like diabetes, obesity and cardiovascular disease.

The Pennington Biomedical Research Center invites you to an evening of fun and learning. Discover the science behind the plants around us.

Speakers

William Cefalu, M.D. Professor, Chief Nutrition & Chronic Disease Pennington Biomedical Research Center
Michael Lefevre, Ph.D. Nutrition & Food Sciences Department Utah State University
James S. Miller, Ph.D. Dean & Vice President for Science The New York Botanical Garden
Bill Gurley, Ph.D. Department of Pharmaceutical Sciences University of Arkansas

FREE and open to the public!

Thursday, January 31, 2008
6:00 pm - 8:00 pm (doors open at 5:00)
C.B. Pennington Jr. Building
Pennington Biomedical Research Center
6400 Perkins Road
Baton Rouge, LA 70808
To RSVP, call 763-2500
Walk-ins welcome

Welcome and introduction: Food as Medicine... Your tax dollars at work
6:15 p.m.

Studying nature to improve our health
6:45 p.m.

Drugs disguised as herbal and safe 'over the counter' supplements: An introduction to herb-drug interactions
7:15 p.m.

The French Paradox: Wine and cardiovascular risk
7:45 p.m.

Questions and answers, concluding comments

This program is made possible in part through the generous support of Sue and Bert Turner and the NIH funded Botanical Research Center at Pennington Biomedical Research Center.
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