

Three Key Writer

FOR IMMEDIATE RELEASE

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Contact: Lynn Robbins: lr@threekeywriter.com. Phone: 609-882-0426

Sourcing Health Locally

A forum on the physical and mental benefits
Of growing and eating organic and nutritious food

Princeton, NJ, September 3, 2018: *Sourcing Health Locally*, a forum co-sponsored by the Suppers Programs and the Northeast Organic Farming Association of New Jersey (NOFA-NJ) takes place Sunday, September 16, 9 a.m. to 2:30 p.m. at the Suzanne Patterson Center in Princeton.

The event will examine health care, the food we eat, and agricultural practices. You will learn how good nutrition can help protect you against several conditions like autism, Alzheimer's, diabetes, heart disease, depression, and mental illnesses. A lunch break will include tastings from the Suppers Program recipes.

"The overarching message is that there is no such thing as a good health care system without a good food system. The conference provides a forum where doctors, farmers, and eaters (us) are all prized," says Suppers founder Dor Mullen.

Kate Thomsen, M.D., will deliver Suppers' keynote presentation: *Chronic Disease Is Environmental Disease*. She views health as an ecosystem, looking at how a patient is functioning as a whole rather than focusing on just pieces and parts. Thomsen, who has a medical practice in Pennington, has a background in women's health and family medicine. Prior to studying medicine, she worked as an environmentalist, teacher, and chemist.

Neurologist Amy O'Donnell's presentation, titled *Preserving Cognitive Function*, will focus on the work of Dale Bredesen, M.D., and his book, "The End of Alzheimer's: The First Program to Prevent and Reverse Cognitive Decline."

Kathleen DiChiari, certified health and nutrition coach, will deliver NOFA's presentation on ingredients in the food supply that contribute to chronic disease. She will share her journey with biomedical approaches to her own chronic illness and her son's journey through and off the autism spectrum.

There will be several break-out sessions covering endocrine disruption, perennial gardens for better health, airway health, and the organic struggle for fresh food from fertile soil.

Register at www.nofanj.org. Tickets: \$48.

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Suppers is a learn-by-doing program where you'll learn to cook, taste and feel your way to vibrant health. Its mission is to provide safe and friendly settings where anyone, especially people with food-related health challenges, can develop and manage their own personal transitions to a healthier life. Learn more at <https://www.thesuppersprograms.org/>. (609) 373-1400.

The Northeast Organic Farming Association of New Jersey (NOFA-NJ) is a nonprofit organization dedicated to supporting organic agriculture in New Jersey through education, technical assistance and advocacy. Learn more at <https://nofanj.org/>. (908)371-1111.

Lynn Robbins from Three Key Writer has over 15 years of experience writing about small businesses, corporations, individuals, and community groups. Her specialty is shedding light on the endeavors of people working to make a positive impact in the business world and in communities. Learn more at <http://threekeywriter.com>. Contact: lr@threekeywriter.com.

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