



Inflammatory Bowel Disease

An Evidence-Based Nutritional Approach



- This lecture will outline the known factors contributing to inflammatory bowel disease commonly diagnosed as irritable bowel syndrome, Crohn's and ulcerative colitis.
- Understand the diets currently used in the management and treatment of inflammatory bowel disease and why the gut is considered the 'second' brain.
- Learn about the key nutrients indicated for reducing inflammation, healing the intestinal tract and promoting disease remission.
- Don't miss this important lecture, providing an evidence-based understanding of how nutrition and orthomolecular medicine may be used to address IBD.



Josh Gitalis, Ba(H), CNP, RNCP/ROHP, earned an honors degree in kinesiology from the University of Western Ontario, before going on to complete a diploma in Applied Holistic Nutrition at the Institute of Holistic Nutrition. Josh incorporates evidence-based nutritional detoxification and therapeutic supplementation in his private practice. Josh teaches clinical nutrition at the Ontario College of Homeopathic Medicine and the Institute of Holistic Nutrition.

Wednesday, March 21, 7:00 pm

**OISE - Ontario Institute for Studies in Education
252 Bloor Street West, Room 5170, M5S 1V5**

Admission: \$10 – CSOM and ISF Member Admission: \$5
Pre-registration is recommended, as space is limited.
Additional information and online registration at
www.orthomed.org or Telephone: (416) 733-2117