

# Food as Medicine

## *The World Peace Diet – Workshop*

A 1-hour training in healthy living by  
**Will Tuttle, Ph.D.** with Madeleine Tuttle



- \* Are you concerned about the quality of food available today?
- \* Troubled by high rates of chronic disease in our society?
- \* Do you feel inspired to create a positive future for our children and the world?
- \* Would you like to understand the hidden roots of the dilemmas we face as individuals & a society?
- \* Do you aspire to develop skills to embody, share, and teach healthy and compassionate living for service, fun, and/or your livelihood?

[World Peace Diet](#) workshop provides teachings and effective responses to these questions as well as time for **Q & A and discussion** in a supportive and nurturing environment.

**Learn how the power of food can heal us, not just physically, but also culturally and psychologically, and how to effectively bring this understanding to your community, friends, and family.**

We will discuss the **Five Levels of Health, the Seven Mentalities**, and how to practice healthy living.

**Friday, October 4, 2019, 6pm**

**Eugene Faith Center, 1410 W. 13th AV,  
Eugene OR (Enter from South 14<sup>th</sup> Av side)**

**FREE**

Dr. Will Tuttle is author of the acclaimed best-seller, [The World Peace Diet](#), now published in over 16 languages, and is featured in the hit documentary *Cowspiracy*. A recipient of the *Courage of Conscience Award* and the *Empty Cages Prize*, he is a former Zen monk, and his Ph.D. from U.C. Berkeley focused on educating intuition. He has created eight CD albums of uplifting original piano music. With his spouse **Madeleine**, a Swiss visionary artist, he lectures extensively and internationally. Madeleine is also a flutist, Waldorf teacher, vegan cook & coach, and organic gardener.

