

8/13/11

Don't miss these two great Portland Events!

Friday, Sept. 16: Professional Conference: Enhancing Health with Plant-Based Nutrition

Saturday & Sunday, Sept. 17 & 18: Portland VegFest



VegFest is nearly one month away! Delight in hundreds of delectable free food samples, engaging speakers and chef demos, 100 veg-savvy exhibitors, and the fun family area at the Oregon Convention Center from 10am-6pm. VegFest celebrates and promotes sustainable, compassionate and healthy food choices and lifestyles, and this year's event features an amazing array of options!

VegFest will feature top-notch doctors including **Drs. Neal Barnard** and **Amy Lanou** of **Physicians Committee for Responsible Medicine**, the **Humane Society of the United States'** **Wayne Pacelle**, inspiring chefs cooking up Asian cuisine, healthy desserts, packin' a vegan lunchbox, and so much more. You don't want to miss fascinating presentations by:

Neal Barnard, MD
"21-Day Vegan Kickstart"

Clinical researcher and author Neal Barnard, MD, is one of America's leading advocates for health, nutrition, and higher standards in research. As the principal investigator of several human clinical research trials, whose results are published in peer-reviewed medical and scientific journals, Dr. Barnard has examined key issues in health and nutrition. Dr. Barnard is the founder and president of the Physicians Committee for Responsible Medicine.



Johanna W. Lampe, PhD
"Plant-based Diets and Cancer Prevention"

Johanna Lampe, PhD, is a Full Member and Associate Division Director in the Public Health Sciences Division at Fred Hutchinson Cancer Research Center and a Research Professor in the Department of Epidemiology at the University of Washington in Seattle. For over a decade, her research program has addressed the effect of plant-food constituents on cancer susceptibility in humans.



Amy Lanou, PhD
"Food to Build Bone Health"

Amy J. Lanou, PhD, is senior nutrition scientist for the Physicians Committee for Responsible Medicine and an assistant professor of health and wellness for the University of North Carolina-Asheville. Dr. Lanou researches and writes about the connection between plant-based diets and reduced risk of chronic diseases. One of her current interests is the relationship between nutrition and bone health. Dr. Lanou is the author of *Building Bone Vitality* and *Healthy Eating for Life for Children*.



\$6 admission/day, kids under 10 free
Check out our complete line-up of speakers, chef demos, and exhibitors at PortlandVegFest.org



Professional Conference: Enhancing Health with Plant-Based Nutrition

Friday, September 16, 2011, 8:30am-5:00pm
Adventist Medical Center
10123 SE Market Street, Portland, Oregon 97216

***Enhancing Health with Plant-Based Nutrition* features top scientists and doctors, including Dr. Neal Barnard, providing the latest information on**

plant-based diets with respect to clinical nutrition, the effects of diet on chronic disease prevention and control, and designing an optimal plant-based diet. Interest in plant-based diets is growing, and Portland, Oregon has become a center for that developing interest. This is a professional conference, but others with strong interests in health and diet issues are welcome to attend.

Presenters and Topics:

- **Neal Barnard, MD** - *Emotional Eating and the Science of Addiction and A Dietary Prescription for Type 2 Diabetes*
- **Johanna W. Lampe, PhD** - *Plant-based Diets and Cancer Susceptibility*
- **Amy Lanou, PhD** - *Achieving Bone Vitality Through Plant-based Foods*
- **Marnie Loomis, ND** - *Motivating Patients to Change*
- **Jack Norris, RD** - *Overcoming Potential Nutrient Deficiencies in Plant-based Diets*

Registration Fee:

- \$95 - Early-bird registration (through August 31st)
- \$125 - Regular registration (September 1st - September 16th)
- \$65 - Full-time health care student

\$10 discount for members of Physicians Committee for Responsible Medicine, Northwest VEG, NCNM-affiliates, and affiliates of other supporting organizations.

Up to 6 hours [continuing education credits](#) available for health profession attendees.

Conference information and online registration: nwveg.org/health_conference