

Dangerous Protein, Carb, & Fat Myths:

How Your Body Tells You What To Eat

by **Janice Stanger, PhD** AUTHOR, EDUCATOR, CONSULTANT

This powerful presentation will transform your understanding of how your body partners with the proteins, carbs, and fats in your food.

Learn the surprising answers to key questions.

Can you consume too much protein? Which foods make essential amino acids? Are carbs fundamental to health? How many kinds of fat are in your body, and where do these come from?

.....
**Saturday,
April 29, 2023 • 2 pm**

Unity of the Valley Church
39th & Hilyard • Eugene, OR

FREE ADMISSION

.....
This lecture is sponsored by the
Eugene Veg Education Network
www.eugeneveg.org

