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 14th 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.