

# Fat Reform:

## Obesity, Food Politics and the Perils of Dietary Carbohydrates

Presented by Dr. Jeffrey Gerber, MD

The government's previous food pyramid and current food plate are supposed to support good health but Americans are getting sicker and fatter. Join us for a fascinating look at the history of modern nutrition, federal policy and the food industry and what it means for your health.

### *Learn how:*

- Insulin and Leptin work in the body to regulate food energy and hunger.
- All macronutrients are not created equal.
- To redefine human nutrition for weight loss and optimal health.



**Free  
Event!**

*Event Only at:*

**Saturday, November 17<sup>th</sup> - 1:00PM**  
**Natural Grocers - Colorado & Evans**  
2033 S. Colorado Blvd.  
Denver, CO 80222

Reservations not needed. First come, first seated.



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