

Portland's new Food as Medicine Institute aims to make pros and public smarter about nutrition

Portland's **National College of Natural Medicine** this week announced it has formed the Food as Medicine Institute, aiming to provide nutrition education for health-care professionals and the public through lectures, workshops and conferences.

Among the first public events scheduled is the **Food as Medicine Symposium**, from 9 a.m. to 5 p.m. Saturday, April 5. Keynote speaker is Bob Moore of Bob's Red Mill, a longtime supporter of the college.

Several naturopathic physicians will discuss, among other topics, inflammatory foods, the role of gluten in health and disease, and how to strategize food choices for optimal health.

Chefs will offer perspectives on the power of cooking from scratch.

A lactation consultant will discuss the health benefits of breast milk in infant development, and safe alternatives when breast milk isn't available.

Cost: \$75 in advance or \$85 at the door.
Register online.

During a **professional symposium** the same weekend, naturopathic physicians and others will examine the role clinical nutrition plays in patients' health or disease, and ways to augment treatment with nutrition.

-- Katy Muldoon

