



Food Allergies & Food Sensitivities

An Evening class clarifies the confusion about food allergies vs. sensitivities and how to avoid them!

What, exactly, are "food allergies," and how do they differ from "food sensitivities"? Take a guided tour of the immune system, and learn about the "triggers" that can cause such common symptoms as rashes, congestion, wheezing, watery eyes, etc. We'll discuss the apparent increase in food allergies among children, and teach you some preventative measures that can minimize the chances of your offspring developing an allergy or sensitivity. You'll come away with a better understanding of how you can manage an existing food allergy, and of how to avoid producing one in you or your children.!

What: Food Allergies & Sensitivities

When: Tuesday, June 10, 2008

Time: 7pm - 9pm

Where: Oriental Medicine -

21 Belmont St. Cambridge

Who: George Mandler CNS LDN LicAc, is a Licensed Dietitian, Certified Nutrition Specialist and Licensed Acupuncturist and Certified Chinese Herbalist. He teaches Nutrition at the New England School of Acupuncture where he is a faculty member. His talks are always engaging as he loves to educate and share his wealth of knowledge.

Cost: \$15 if pre-registered. \$25 at door.

Call: Pre-registration strongly encouraged. Reserve your spot by calling Oriental Medicine at 617-868-0756 or email George@AcupunctureNutrition.com