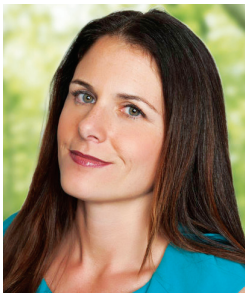
RENASCENT Presents

Hear three world-renowned experts explain how and why cutting processed sugar from your diet is one of the best things you can do for your health.

Dr. Robert H. Lustig, M.D., M.S.L. is Professor emeritus of Pediatrics, Division of Endocrinology at the University of California, San Francisco (UCSF). He specializes in the field of neuroendocrinology, with an emphasis on the regulation of energy balance by the central nervous system. Dr. Lustig believes the food business, by pushing processed food loaded with sugar, has hacked our bodies and minds to pursue pleasure instead of happiness; fostering today's epidemics of addiction and depression. Yet by focusing on real food, we can beat the odds against sugar, processed food, obesity, and disease.

www.robertlustig.com



Dr. Nicole Avena, Ph.D. is a research neuroscientist, author and expert in the fields of nutrition, diet and addiction, including during pregnancy and in infants and children. She received a Ph.D. in Neuroscience and Psychology from Princeton University, followed by a postdoctoral fellowship in molecular biology at The Rockefeller University in New York City. Her wellness-series talks are designed for non-scientist audiences interested in improving health and learning about the science to do so.

www.drnicoleavena.com

(please turn over…)

Dr. Vera Tarman, MD, M.Sc, FCFP, CASAM, ABAM Diplomate has been working in the field of addiction medicine since 1994 and has been the medical director of Renascent since 2006. Although she has spoken on various issues in addiction, her special interest is in the area of food addiction and is the author of *Food Junkies: the Truth about Food Addiction*.

www.addictionsunplugged.com

Brought to you by Renascent, a national leader in treating substance use disorders. Since 1970, Renascent has helped almost 50,000 people, becoming an accredited expert in providing hope and healing to individuals, families, loved ones, communities, and organizations impacted by addiction. Renascent's Food Addiction Program is the first of its kind in Canada, applying an addiction model of care to help people find peace and freedom from their relationship with food.

Register today at renascent.ca/iamsweetenough

Early bird registration **$35** *(before August 15th)*:

Standard Registration **$40** *(after August 15th)*:

Registration + Book Package Deal:

Get all three speakers' books with your registration and enjoy a package deal! **$100**

- Dr. Lustig's *Fat Chance: Beating the Odds Against Sugar*
- Dr. Avena's *Why Diets Fail: Because You are Addicted to Sugar*
- Dr. Tarman's *Food Junkies: The Truth About Food Addiction*

Books will also be available at the event, and the authors will be available for signings.

I'M SWEET ENOUGH!

Renascent's September Sugar-Free Challenge

Pledge to go sugar-free with us for the month of September! You'll experience all the physical and mental benefits of going sugar-free with a supportive community sharing tips and tricks for a successful month.

Ready to go sugar-free with us?
Register online at **renascent.ca/iamsweetenough**

Renascent™
The road to recovery starts here.
renascent.ca