



2015 International Awareness Day
for **Myalgic Encephalomyelitis/Chronic Fatigue Syndrome,**
Fibromyalgia and **Multiple Chemical Sensitivity**

Tuesday May 19th 6:30 – 8:30 pm Mountain Daylight Time

Attend Live in Person at Self Connection Books in Calgary
#125, 4611 Bowness Road NW or by Live web connection

Speakers: Rory Hornstein, RD, BEd, and Lucinda Bateman, MD

Fee \$10 - Register online at the link below

http://www.selfconnection.ca/index.php?option=com_content&view=article&id=973

or call Self Connection Books at 403-284-1486 (local) or 866-735-3457 (toll free):

Demystifying Popular Diets - Rory Hornstein RD

Don't be fooled by weight loss claims and fad diets. The session includes nutrition facts on popular weight loss programs. Ours is an age of unprecedented bounty and convenience--and almost nonstop nutritional advice, subject to change as new research findings come along or scientists change their minds. You try to keep up with the latest and make the smartest choices--but are they as healthy as you think? Find out how to plan a realistic program for overall wellness and immune system enhancement.

Progress in ME/CFS: Slow and Steady Wins the Race
Lucinda Bateman MD

Dr. Bateman will discuss the status of the suggested name change from ME/CFS to SEID (Systemic Exertion Intolerance Disease). She will discuss some of the achieved and hoped for outcomes from ongoing research she is involved in. Lastly she will discuss two clinical strategies, Low Dose Naltrexone and treatment for Orthostatic Intolerance which she is finding useful in her practice

NOTE: These presentations will be recorded and all registrants will be given access to the recordings. All registrants will also receive access to the presentations (video recordings) from last year's International Awareness Day 2014 presentations by Dr. Craig Young, Staci Stevens, and Dr. Jarred Younger.