
Halt Heart Disease & Diabetes Summit with "America's Holistic Heart Doc" Feb. 21

Dr. Joel Kahn, "America's Holistic Heart Doc," Reader's Digest columnist, Amazon best-selling author and integrative cardiologist convenes a panel of experts for half-day summit on reversing heart disease and diabetes with "lifestyle medicine"

Southfield, MI (prHWY.com) January 29, 2015 - SOUTHFIELD, Mich., Jan. 29, 2015 - Was Hippocrates correct 2500 years ago when he said "Let Food Be Thy Medicine"? It's no secret that a healthy diet can help prevent disease, but for those diagnosed with serious conditions like heart disease and diabetes, can "lifestyle medicine" truly be more effective than stents, drugs and surgeries?

"Halt Heart Disease & Diabetes Now: Learn How with Lifestyle Medicine" is a half-day summit taking place Saturday, Feb. 21 at Great Lakes Culinary Center in Southfield. Featuring local cardiologist, author and Reader's Digest columnist Joel Kahn, M.D.; national diabetes educator Caroline Trapp, R.N.; nutrition educator and best-selling author Kerrie Saunders, Ph.D. and others, the event addresses how to halt and reverse two of the most tragic health problems America faces. Attendees will see the mounting evidence supporting plant-based nutrition for fighting disease; hear testimonials by those who have reduced or eliminated medications, avoided surgeries, lost weight and otherwise regained their health; and learn simple but powerful diet and lifestyle steps to take immediately to achieve scientifically proven benefits. Along with content-rich presentations and a fitness demonstration, attendees will enjoy cooking demonstrations and taste the abundance of healing, plant-based foods, and will take home materials to help guide them along the path to health.

"For most of us, heart disease and diabetes can be reversed with our forks and our feet," says Dr. Kahn, "America's Holistic Heart Doc" and author of the 2014 Amazon best seller, "The Whole Heart Solution." "In the past 30 years the science has grown stronger and stronger, showing that your fork can determine your fate and your dinner can be your destiny."

Sponsored by Better Health Stores and GreeningDetroit.com, "Halt Heart Disease & Diabetes Now: Learn How with Lifestyle Medicine" takes place Saturday, Feb. 21 from 8:30 a.m. until 1 p.m. at Great Lakes Culinary Center, located at 24101 W. Nine Mile Rd. in Southfield. The \$99 cost includes lectures, demonstrations, generous food samples, a book and CDs to take home. Net proceeds benefit the nonprofit [Plant-Based Nutrition Support Group](http://www.pbnsng.org).

For details and to register, visit <http://www.pbnsng.org> or call 248-310-2400.

Marking its first anniversary, Plant-Based Nutrition Support Group is an active group of health-minded individuals in Southeast Michigan dedicated to improving their health by following a plant-based diet. To learn about the group's monthly meetings featuring esteemed speakers plus walking groups, grocery store nutritional tours, group dinners and special events, visit <http://www.pbnsng.org>.

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Web Site: <http://www.pbnsng.org>

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