

WOW

Workshops on Wellness

Promoting a Healthier Lifestyle in Waunakee

Sponsored by: Village Center of Waunakee and
Waunakee Lions Club

“Reducing Inflammation Through Individualized Dietary Approaches”

Presenter: Dr. Whitney Cronin, ND—Holistic Home Health and Wellness

Dr. Whitney is a doctor of naturopathic medicine, a health & wellness expert, public educational speaker, and owner of Holistic Home Health and Wellness in Waunakee. Educated and trained as a primary care doctor with a focus on natural treatments, she is dedicated to educating her patients and providing them with the tools to achieve wellness in the comfort of their homes. She earned her Bachelors of Science in Biology from UW-Stevens Point and her Doctorate in Naturopathic Medicine from National University of Health Sciences in Lombard, IL. She is an active member of the American Association of Naturopathic Physicians and the WI Naturopathic Doctor’s Association. She currently offers in office, tele-health (phone & video), and house call services for all manner of health concerns.



Presentation Overview

Are there foods that just don't seem to “agree” with you, or maybe even cause adverse symptoms? Did you know, in the simplest sense the food we eat will either fuel health or illness? It’s true! If you’ve been thinking about exploring some food testing for “allergies” or “sensitivities”, or even trying a popular dietary approach like Paleo, Keto or Whole 30, but aren't sure where to start - this is the talk for you! You see, none of the above - on their own - will fully address the root of your individual food related issues, that's because they are not individual approaches. When you eat foods that are not compatible with your body, it creates a state of chronic inflammation that can disrupt the function of any organ or system. This inflammation is often the true culprit when it comes to the symptoms you are experiencing; and only one dietary assessment can identify your individual inflammatory food groups - The Carroll Method. Join Dr. Whitney to learn why these dietary approaches are not one size fits all, what Paleo, Keto, intermittent fasting and other popular diets are really trying to address, and what are the differences between food allergies, sensitivities and intolerances are. Come learn how you can individualize your diet to maximize your health and wellness goals.

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Time: 7:00-8:00 pm

Location: Waunakee Village Center

Free Event

