

■ **Public Seminar** ■



ORTHOMOLECULAR
HEALTH help *yourself*



Managing ADHD

With Dietary & Nutritional Support

An estimated 5% of Canadian children struggle with ADHD. Cognitive, learning, social & emotional challenges often overlap. Research is increasingly linking ADHD & LDs with diet, nutrition & neurodevelopment. In this discussion you will learn:

- Food Intolerances
- Chemical Sensitivities
- Toxicity
- Vitamin & Mineral Deficiencies
- Dysbiosis
- Orthomolecular Medicine for ADHD



Dr. Zoltan Rona is a graduate of McGill University Medical School & has a Master's Degree in Biochemistry & Clinical Nutrition from the University of Bridgeport in Connecticut. He is the author of several books, has appeared on radio & TV as well as lectured extensively in Canada & the U.S.

Wednesday, March 25th 7 - 9 PM

GALBRAITH BUILDING - Room 244
35 St. George Street, University of Toronto
Advance Registration \$10 | Door \$15
Pay what you can available by request

Limited seating available
Register now:

www.orthomolecularhealth.com or 416.733.2117



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