**Nutrition & Health Series**

|  |  |  |
| --- | --- | --- |
| **Audience** | **Date** |  Topic |
| 21 | 2018/4 | [Ayerveda on Digestion](https://www.meetup.com/WholeNutrition/events/249571538/) |
| 36 | 2018/3 | [Weston Price (the man)](https://www.meetup.com/WholeNutrition/events/248030486/) |
| 30 | 2018/2 | [Cleansing](https://www.meetup.com/WholeNutrition/events/247032792/) |
| 33 | 2017/11 | [Home Toxicity](https://www.meetup.com/WholeNutrition/events/244620557/) |
| 46 | 2017/10 | [Bone Health](https://www.meetup.com/WholeNutrition/events/243909168/) |
| 35 | 2017/08 | [Amish Farming](https://www.meetup.com/WholeNutrition/events/242256982/) |
| 35 | 2017/05 | [Brain Health](https://www.meetup.com/WholeNutrition/events/239447828)  |
| 40 | 2017/03  | [Trace Minerals](https://www.meetup.com/WholeNutrition/events/237631150/) |
| 28 | 2017/02  | [Mouth Restructuring](https://www.meetup.com/WholeNutrition/events/236928900/) |
| 33 | 2016/12  | [Digestion](https://www.meetup.com/WholeNutrition/events/235910969/) |
| 30 | 2016/11  | [Dietary Supplements](https://www.meetup.com/WholeNutrition/events/235381499/) |
| 24 | 2016/10  | [Buying Local](https://www.meetup.com/WholeNutrition/events/234664673/) |
| 13 | 2016/09  | [Lyme Disease](https://www.meetup.com/WholeNutrition/events/233841407/) |
| (exhibitor) | 2016/06  | [Yoga Festival](https://www.meetup.com/WholeNutrition/events/231339667/) |
| (500) | 2016/03  | [Grow Your Health Festival](https://www.meetup.com/WholeNutrition/events/228028679/) |
| 24 | 2016/01 | [Natural Pain Relief](https://www.meetup.com/WholeNutrition/events/228175528/) |
| 37 | 2015/12 | [Superfoods](https://www.meetup.com/WholeNutrition/events/227196433/) |
| 14 | 2015/11 | [Weston Price in Kenya](https://www.meetup.com/WholeNutrition/events/225966348/) |
| 29 | 2015/09 | [Berries and Ferments](https://www.meetup.com/WholeNutrition/events/224785071/) |
| 9 | 2015/08 | [Fibromyalgia](https://www.meetup.com/WholeNutrition/events/224127785/) |
| 30 | 2015/06 | Organic Labeling  |
| 55 | 2015/02 | [Enzymes and GMOs](https://www.meetup.com/WholeNutrition/events/162538582/) |
| 41 | 2014/12 | [Healing Through Self-Care](https://www.meetup.com/WholeNutrition/events/219072755/) |
| 39 | 2014/09 | [Running a Raw Milk Dairy](https://www.meetup.com/WholeNutrition/events/199789152/) |
| 30 | 2014/07 | [Food Rights](https://www.meetup.com/WholeNutrition/events/193582922/) |
| 17 | 2014/03 | [Thyroid Disorders](https://www.meetup.com/WholeNutrition/events/169662162/) |
| 9 | 2013/11 | [Preparing Grains](https://www.meetup.com/WholeNutrition/events/151227172/) |
| 21 | 2013/10 | [Nutrition for Children](https://www.meetup.com/WholeNutrition/events/143427132/) |
| 37 | 2013/09 | [Heart Disease](https://www.meetup.com/WholeNutrition/events/135130482/) |
| 15 | 2013/09 | [Nutrition Support Group](https://www.meetup.com/WholeNutrition/events/139491752/) |
| 34 | 2013/07 | [Adrenals; Inflammation](https://www.meetup.com/WholeNutrition/events/120125282/) |
| 27 | 2013/08 | [Raw Milk](https://www.meetup.com/WholeNutrition/events/129252912/) |
| 30 | 2013/06 | [Avoiding Diabetes](https://www.meetup.com/WholeNutrition/events/120124042/) |
| 12 | 2013/04 | [DVD Talk by Sally Fallon](https://www.meetup.com/WholeNutrition/events/113152332/)  |
| 47 | 2013/03 | [GMOs and Food Politics](https://www.meetup.com/WholeNutrition/events/105923832/) |
| 50 | 2013/02 | [Stress and Inflammation](https://www.meetup.com/WholeNutrition/events/100480672/) |
| 11 | 2013/01 | [Traditional Diets](https://www.meetup.com/WholeNutrition/events/98439362/) |
| 35 | 2012/12 | [Losing Weight](https://www.meetup.com/WholeNutrition/events/93020472/) |
| 19 | 2012/12 | [Homeopathy](https://www.meetup.com/WholeNutrition/events/92777592/) |
| 40 | 2012/11 | [Chronic Disease](https://www.meetup.com/WholeNutrition/events/88784282/) |
| 55 | 2012/11 | [Fermentation](https://www.meetup.com/WholeNutrition/events/88114002/) |
| 35 | 2012/10 | ["I Healed My Child](https://www.meetup.com/WholeNutrition/events/84644902/)” |
| 15 | 2012/09 | [Sustainable Agriculture](https://www.meetup.com/WholeNutrition/events/81303972/) |
| 35 | 2012/07 | [Traditional Diets](https://www.meetup.com/WholeNutrition/events/71624032/) |
| 40 | 2012/06 | [Michael Pollan](https://www.meetup.com/WholeNutrition/events/61875322/) |
| 50 | 2012/04 |  [Digestion; Children's Health](https://www.meetup.com/WholeNutrition/events/56807182/) |
| 34 | 2012/03 | [DVD Talk by Sally Fallon](https://www.meetup.com/WholeNutrition/events/53769452/) |
| 21 | 2012/01 | [Exercise](https://www.meetup.com/WholeNutrition/events/42044772/) |
| 10 | 2011/09 | [Farmageddon](https://www.meetup.com/WholeNutrition/events/30527081/) – The Movie |