

Friends Of Restorative Orthomolecular Medicine

#### WHEN?

7:00 to 9:00 P.M. on Wednesday October 29, 2003

### WHERE?

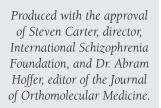
Meeting Room **No. 1** upstairs west of the North York public library

#### WHO'S INVITED?

Anyone interested in restorative orthomolecular medicine – friends, patients, families and caregivers: laymen and health professionals.



To the International Schizophrenia Foundation (formerly CSF).





# Finding Orthomolecular Care in the GTA

## Starting with the 90 Day Plan for Finding Quality Care, the evening will present information about:

- *finding orthomolecular care* for depression, bipolar, anxiety, schizophrenia, ADHD, autism and other brain disorders
- *resources* book list, film, newsletter, tapes, journal, professionals
- *conferences* report on Nutritional Medicine Today, Toronto, April 2003 and ISOM #33 coming to Vancouver, Waterfront Hotel, 2004 *handout* FOR•OM friends report, invitation, book lists
- *reviews and discussions* of books for patients and caregivers. Two authors will read from their books...

Finding Care for Depression by R. Sealey, BSc, CA (reviewed by Dr. Abram Hoffer)

Trace Minerals by Ray Patarrachia, ND (and Klaus Wenzel, MD)

- stress busters and nutrition tips featuring Rosalie Moscoe, RNCP
- questions, progress reports and networking

This will NOT be a support group. No one will diagnose or treat anyone. Just an evening to share information and network with FOR•OM friends.

### PRESENTERS

**Bob Sealey, BSc, CA –** consultant, author of Finding Care for Depression, 90 Day Plan for Finding Quality Care

**Ray Patarrachia**, **ND** – naturopathic practice and research, co-author of *Trace Minerals* 

**Rosalie Moscoe, RNCP –** professional speaker, producer of *Less Stress More Success* 

**Jon Prousky, ND** – naturopath in private practice, lectures at Canadian Naturopathic College

### ALSO INVITED

Marian Phillips, ND – naturopath working at York Downs Pharmacy and private practice