



Grain Integrative Health Physician and Co-Author of "Food As Medicine Everyday- Reclaim Your Health With Whole Foods" Dr. Courtney Jackson Speaks at TEDxMontrealWomen

October 28, 2016

October 28, 2016 - PRESSADVANTAGE -

Portland, Oregon? Dr. Courtney Jackson, a physician in private practice at Grain Integrative Health and co-founding physician of the Food As Medicine Institute in Portland, will present at TEDxMontrealWomen on October 29th, 2016 at Salle Mercure. The independently organized event, licensed by TED, will feature local voices and TED Talks videos under the theme of "It's About Time."

Launched in 2009, TEDx is a program of locally organized events that bring the community together to share a TED-like experience. Some of the best talks from TEDx events have gone on to be featured on TED.com and garnered millions of views from audiences across the globe.

Portland is well known for its booming integrative health care industry, and Dr. Jackson is a leader in helping

the integrative medical community develop standards by which to deliver nutritional medicine, or food as medicine, to a larger patient-base.

Dr. Courtney Jackson's TedxMontrealWomen talk will address digestive physiology from the view of the patient: all too often patients suffer from common, but not normal, digestive complaints. Watch as Dr. Courtney Jackson illustrates why how people eat matters as much as what they eat and confirms the worthy pursuit of optimal health through diet and lifestyle choices.

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For more information about Clear Health Talk, contact the company here: Clear Health Talk Augusto Beato augusto@clearhealthtalk.org PO Box 2011 Portland, OR 97208

Clear Health Talk

We wanted to see every Clear Health Talk follower to have a healthy lifestyle. We aim to provide consistent and updated health care tips and encouragements to everyone who wanted to take the journey to a healthy lifestyle.

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