



ORTHOMOLECULAR  
HEALTH  
the *right* nutrients for *your* body

## *Spread the Health Series*

# Answers to Appetite Control: New Hope for Binge Eating

Friday, October 24  
7:00 - 9:00 PM



Join Integrative Psychiatrist **James Greenblatt, MD** to learn how

- **Biochemical disorders can skew the body's natural hunger cues**
- **Food cravings are not your fault or a result of a lack of willpower**
- **The body/mind can regain equilibrium to break the cycle of restricting, bingeing and blaming**

This lecture is for those struggling with an eating disorder, parents/caregivers, and health professionals. Learn more about new research and an integrative approach to recovery.



**James Greenblatt, MD**, is dually board certified in child and adult psychiatry. He received his medical degree and completed his adult psychiatry residency at George Washington University and completed a fellowship at Johns Hopkins Medical School. He is the Founder and Medical Director of Comprehensive Psychiatric Resources, Inc., and is a clinical faculty member at Tufts Medical School, Department of Psychiatry. Dr. Greenblatt has dedicated his professional career to using integrative psychiatry to treat mental illness, employing both medical and complementary therapies to help his patients function better to achieve their personal goals.

J.J.R MacLeod Auditorium  
Medical Science Building  
1 King's College Circle, University of Toronto

Members \$5 | Advance Registration \$10 | Door \$15

Pay-what-you-can available

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[www.mindfulcharity.ca](http://www.mindfulcharity.ca)



NIED generates awareness of Eating Disorders and advocates on behalf of sufferers to create changes in the quality and availability of treatment. NIED works collaboratively with different organizations recognizing there is no 'one size fits all' solution.