



ORTHOMOLECULAR
HEALTH

MINDFUL
a better future for children's mental health

Spread the Health Series

Creating Healthy Minds in Children: Nutritional & Environmental Factors

Presented by **Dr. John Gannage, MD**

Drawing upon his extensive training and clinical experience, Dr. Gannage will discuss the Integrative Medicine approach to optimizing healthy brain development and function in children. His talk will emphasize key dietary and nutrition aspects, while explaining the importance of maintaining a healthy gut ecosystem and avoiding environmental contamination.



Dr. John Gannage, MD, CFPC, is the Medical Director of Markham Integrative Medicine, a multidisciplinary family practice that bridges conventional and alternative medicine. More than half of Dr. Gannage's practice consists of working with developmentally delayed children and their families, recommending therapeutic diet plans, customized nutrient support, management of environmental exposures and support for immune and digestive systems. He has extensive expertise in the application of biomedical therapies for autism and related conditions. Dr. Gannage regularly presents educational seminars for the public and health professionals, and has written numerous articles for publication.

Wednesday March 20, 7pm

**OISE Ontario Institute for Studies in Education
252 Bloor Street West, Room 5170**

Admission: At Door \$15 • Preregistration \$10 • ISF/CSOM Members \$5
Pre-registration for this event is recommended

Register online at orthomed.org or call (416) 733-2117 or email: centre@orthomed.org

