

Keto vs Paleo

What's Best? What's Next? What's for Dinner?

Learn about what may be the best diet for achieving your ideal weight, fitness, cancer prevention and protection from the many diseases of accelerated aging. Two international experts on the benefits of a High Fat, Low Carb, Adequate (not high) Protein, Ketogenic diet will share their latest perspectives and breaking news about the science of health. A Q&A with the audience will conclude the event.

FEATURED SPEAKERS:

Jimmy Moore, Keto-Clarity & The Ketogenic Cookbook

Ron Rosedale, MD, The Rosedale Diet

WHERE: Unitarian Church, 5001 Pennsylvania Ave - Boulder

WHEN: Wednesday, February 24th 7- 8:30 PM (doors open 6:30)

Suggested Donation: \$10

For info or to reserve tickets, email shelleyschlender@yahoo.com



Jimmy Moore's LivinLaVidaLowCarb.com is one of the world's leading health blogs. Jimmy is author of the new, best-selling health books, Keto Clarity and the Ketogenic Cookbook.



Ron Rosedale, M.D. is author of The Rosedale Diet, and an international expert on using diet to combat diseases of aging, including diabetes, heart disease, obesity, cancer, dementia and more. Bridging the gap between science and medicine, Ron Rosedale speaks at medical conferences such as the American Society of Bariatric Physicians and Best Answers for Cancer, and for general audiences such as the Ancestral Health Symposium.