Restorative Remedies is hosting an event to celebrate the gluten-free lifestyle on March 20, 2010 from 9 a.m. to 3:30 p.m. at National University’s Spectrum campus.

This event provides a resource to educate individuals living gluten free and to connect them with peers, information, healthcare practitioners, and businesses that share an interest in living gluten free.

**What:**

Presentations throughout the day will include:

- “The Science Behind Gluten Intolerance” — including a follow-up discussion with Dr. Alex Shikman, and Jacqueline Konstanturos, co-authors of Gluten Nation
- “Label Reading for Your Health” — with Mary Lyons Collard, RD, contributing author to Gluten Nation
- “The Gluten Chronicles” — personal stories from people on the front lines of battling gluten in everyday living
- “Personalized Medicine: A demonstration of new technologies for better diagnosis and treatment” — with Dr. Alex Shikman
- “The Best Gluten-Free Recipes Contest” — featuring celebrity judges who will award prizes for the best recipes in several categories: appetizers, breads, entrées, desserts, and overall

**Where:**

National University, Spectrum Business Park campus
9388 Lightwave Avenue
San Diego, CA 92123-1426

FREE ALL-DAY PARKING AVAILABLE

**When:**

March 20, 2010 from 9 a.m. to 3:30 p.m.