



## Dr. Mark Moyad MD, MPH

Jenkins/Pokempner Director of Complementary and Alternative Medicine

University of Michigan Medical Centre – Dept. of Urology



**GUEST SPEAKER**

**September 26, 2018 Awareness Night Meeting**

**TOPIC**

### **"Fad Diets and Dietary Supplements (and some Rx): What Works and What is Worthless from A to Z" (2018 Update)**

Toronto Botanical Garden (Edwards Gardens) - 777 Lawrence Avenue East at Leslie Street  
7:30 to 10:00 p.m. **FREE** parking.

**Some of the topics we will cover:**

- Alcohol
- Artificial Sweeteners
- Aspirin
- Beer (which one is best)
- B-vitamins (especially Folic acid and B12)
- Cholesterol Medications and cancer
- Coffee and Caffeine
- Curcumin vs. Turmeric
- Diabetes Medications and Cancer
- Exercise, HIIT and cancer
- Fish Oil
- Genetic Testing and Cancer
- Intermittent Fasting
- IV nutrition
- Ketogenic and other diets
- Laboratory tests you need to follow
- Marijuana and CBD Oil
- Multivitamins
- Pomegranate etc.
- Side effects from treatment and supplements
- Selenium and Vitamin E
- Sunscreen and cancer
- Tariffs on Canada and U.S. politics
- U.S. versus Canada in Hockey
- Vaccines
- Vitamin D latest and Calcium

Dr. Moyad is arguably the world's leading medical expert on dietary supplements, but he's not quick to recommend them to everyone." (from the Editors of Prevention Magazine). He currently occupies an endowed position, which was created and funded entirely by the patients he has helped over the past 25+ years. He is the Jenkins/Pokempner Director of Complementary and Alternative Medicine at the University of Michigan Medical Center in the Department of Urology. Mark received his medical education from the University of South Florida College of Public Health and the Wayne State University School of Medicine. He is the primary author of over 150 published medical journal articles on the subjects of lifestyle changes and supplements, the past editor-in-chief of the medical journal Seminars in Preventive & Alternative Medicine and has given over 5000 lectures around the world to the public and health care professionals in virtually every medical specialty and major medical center. Dr. Moyad has also provided monthly audio reviews for 15 consecutive years on the latest diet and dietary supplement research for doctors and other health care professionals that desire to receive medical credit in this area of medicine. Mark is the co-author or author of 15 academic and consumer books including Integrative Medicine Clinical/Teaching Guidebooks, the Promoting Wellness Series for patients and his most recent public bestseller "The Supplement Handbook: A Trusted Expert's Guide to What Works & What's Worthless for more than 100 conditions." He has been a consultant and/or interviewed for most major magazines, websites, radio and television shows devoted to health in the U.S. and appears regularly on a variety of network news/programs. Dr Moyad also loves running, movies, sushi, his wife Mia and kids, his local college Football, Basketball & Softball teams but only when they are winning, and their dog "Chauncey", but of course, not in that specific order!

**"Also, will accept all questions on the latest in molecular markers, treatment such as immune therapy, clinical trials, imaging your cancer with new molecules . . . any drug, supplement, or diet question. PLEASE ASK ME ANYTHING and EVERYTHING!"**  
*Dr. Mark Moyad*

**Please remember that this presentation WILL NOT BE VIDEOTAPED! To hear/EXPERIENCE Dr. Mark Moyad, you must attend on Wednesday September 26<sup>th</sup>, 2018 at 7:30 p.m.**