

NANP Sacramento Branch – Nutritionally Speaking Newsletter

NANP Sacramento Branch: Vision for 2008

Happy New Year! Traditionally, this is the time of year to set goals and make plans for the new year. The Sacramento branch coordinators would like to invite you to participate in a roundtable discussion to talk about goals for 2008. This will be a great opportunity to network and get involved with the group to make plans for the year. Please come to the meeting with ideas such as:

- Speaker recommendations and requests (if you know someone that would like to speak, please bring the information to the meeting).
- Community outreach
- Fundraiser ideas
- How we can support each other as nutritionists
- And any other ideas you may have

Please join us Thursday, February 21st, 6:30—8:30 p.m. at the Rancho Cordova Library, 9845 Folsom Blvd., Rancho Cordova

Proposed speakers for 2008 – feedback welcome!

We have a number of interesting speakers in mind for our 2008 meetings and would love some feedback from you. **Lynn Keller, NC** (NANP Executive Director) has confirmed that she will be talking on **Mercury Toxicity: Assessment & Removal Management Using Nutrients & Food on March 27th**. We are also looking into inviting Jim McAfee, CCN (his book is called Your Body's Sign Language); Parris Kidd, PhD (Phospholipids), Pamela Spencer (Raw Foods); Michele Simon, author and activist (Appetite for Profit); and Gary Spainhower, DC (Bio-identical Hormones). Please let us know if these speakers/topics interest you and also please let us know if you have an area of expertise and would like to present to our group! Also, if you have someone else in mind...like your chiropractor, acupuncturist etc.

Join us for the Bodies Revealed Exhibit

We are planning a group visit to the Bodies Revealed exhibit on Thursday, March 13th at 6pm. We've heard it's awesome and extremely helpful for anyone in the nutrition and health field. Check out <http://www.newsreview.com/sacramento/local/Calendar?oid=600895> and <http://www.bodiesrevealed.com/> for more information. We'll meet at the entrance at 6pm - 2040 Alta Arden Way, Sacramento. Plan on being there at least 2-3 hours. Please RSVP to Trudy at trudyscottcn@yahoo.com or (916) 605-6283.

Spotlight on NANP Member Benefits

Need to find a nutritionist to refer a special client to? The NANP website can be a great place to look! If you have a client who has special needs in an area outside of your expertise, you can still help him/her by making a referral to a fellow NANP nutritionist. Just go to the NANP website at www.nanp.org and click on Directory. Then click on Description and type in the specialty you need. A list of nutritionists who specialize in that modality will appear. Remember to keep your listing updated so others can find you as well!

Can you volunteer some time?

We would love some part-time volunteers to assist with set-up of the room and clean-up. This would be especially helpful for those times when Trudy, Susan or Nicole can't be at the meeting. If you feel you could be available on an as-needed basis to arrive 15-20 minutes before the meeting, that would be wonderful!

NANP Sacramento Branch Coordinators Contact Information:

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