

May 3-5 | Chicago, IL | Westin Michigan Avenue

The Benefits of a Whole-food, Plant-Based Diet without Oil

This group discussion will assist wellness-focused community pharmacies in making people well while potentially reducing medicine intake. Participants will learn the benefits of following a Whole-Food Plant-Based (WFPB) diet without oil. They will also learn the foods that can be consumed on a WFPB diet without oil. The presentation will detail specific steps that pharmacists can take to educate customers who are interested in adopting a WFPB diet without oil. Tips and suggestions for creating a support-community for clients who have chosen to embark on a WFPB diet without oil will also be provided. By following the strategies given during this session, pharmacists will be able to strengthen their positive reputation, increase sales and build customer loyalty.



Lauren Bernick, BA

Founder, Wellelephant.com

Lauren Bernick became an inadvertent health advocate. Before becoming a supporter for eating a plant-based diet, Lauren was, and still is, the Director of Advertising for the International Journal of Pharmaceutical Compounding (IJPC). Through her work with independent pharmacists and pharmacy industry suppliers for over 18 years, Lauren

has developed an excellent understanding of the issues and challenges pharmacists face today and can offer unique insight into how pharmacists can help patients who may be seeking a healthier diet and lifestyle. Lauren holds a Bachelor of Arts degree from the University of Houston. Her stage skills were honed as a funny-mom comic. In fact, she was a semi-finalist in Roseanne Barr's Funniest Mom in America in 2007 and winner of the Funniest Mom of Austin, Texas. However, it wasn't a laughing matter when she was diagnosed with Coronary Artery Disease at the age of 46. After researching alternatives to a life on statins and other medications, Lauren began following Dr. Esselstyn's Prevent and Reverse Heart Disease Diet, a whole-food, plant-based diet without oil. She has dropped her cholesterol 100 points, lost nearly 20 pounds and has excellent extended blood panels; all without medication. She has personally studied with the Esselstyn family and now shares with others how they too can turn their health around. Lauren's website www.wellelephant.com has all the information one needs to maintain a plant-based diet in any situation: at home, dining out or traveling.