

On the occasion of



WORLD SOIL DAY 2021



You are invited to learn about how

OUR SOIL INFLUENCES OUR BRAIN HEALTH

A presentation by DR. BONNIE KAPLAN

*Professor Emerita of the University of Calgary
and co-author of **THE BETTER BRAIN***

**Monday December 6, 2021
2pm (EST)**

Connect to our Free Webinar here:

<https://us06web.zoom.us/j/83973912292?pwd=azdsVGVrN0dqL2xaVVo5dINjUWZ5QT09>

ABOUT BONNIE KAPLAN

Bonnie J Kaplan, PhD, is Professor Emerita in the Cumming School of Medicine at the University of Calgary. She has published widely on the biological basis of developmental disorders and mental health – particularly, the *contribution of nutrition to mental health*. Her efforts to include nutrition knowledge in the care of people with mental health challenges has earned her a variety of awards, including the **Dr. Rogers Prize** in September 2019; selection in 2017 as one of 150 Canadian **Difference Makers** in Mental Health, in honour of Canada's 150th birthday. In 2021, she was chosen as one of the "**7 Over 70**" in Calgary, partly for her book **The Better Brain**, written with Professor Julia Rucklidge and published by Houghton Mifflin Harcourt in NY, as well as her two charitable funds supporting research by junior colleagues who study nutrition and mental health (over \$1 million CAD). Her primary goal is to influence the way mental health treatment is delivered.



ABOUT THE BETTER BRAIN

A paradigm-shifting approach to treating mental disorders like anxiety, depression, and ADHD with food and nutrients, by two leading scientists who share their original, groundbreaking research with readers everywhere for the first time.

"The authors of this book have been studying nutrition and brain health for years. Their research provides strong evidence for dietary adjustment and supplementation as safe and effective ways to optimize mental health and treat the most common mental and emotional disorders."

Andrew Weil, MD

