Ms Nissen will be discussing the importance of incorporating vegetables and dairy/meat alternatives into your everyday lifestyle. Her focus is on disease prevention through healthy eating. Ms. Nissen will share her knowledge and tools to help us live longer, healthier lives utilizing a plant based diet.

Nena Nissen was born in Nicaragua and her cooking experience began when she was twelve years old. By age fourteen, she was already considered an accomplished chef in her mother's kitchen using fresh, healthful ingredients.

As a cancer survivor she has learned the importance of our diets being more alkaline than acidic in nature, specifically given the fact that one in every two men and one in every three women will suffer from cancer in their lifetimes. Her father died of cancer at age 60 and her brother of a heart attack at age 45. She learned how it feels to lose someone close and how important it is that we take matters of diet and health into our own hands by educating ourselves and learning to cook healthful meals. She believes that each of us needs to change our diet and habits for our own and for our family's sakes.

Certified in plant-based nutrition from Cornell University, she is the author of the cookbook Cures from the Kitchen.

**Thursday, March 1, 2012**

5:30 – 6:30 pm

Colloquium Room, MedEd Bldg (Number 836), 3rd Floor, UCI Campus

This talk and opportunity for discussion is part of a monthly series offered by the Susan Samueli Center for Integrative Medicine. All are welcome; there is no fee; RSVP not required. Additional information: [www.sscim.uci.edu](http://www.sscim.uci.edu) or call 949/824-5763.