



NOVEMBER SUPPORT GROUP MEETING



Join us on **Saturday, November 14th, 11:00 am - 1:00 pm**, for an educational meeting hosted by SFGWDC's Maryland Support Group.

Meeting Location: Chevy Chase Library, 8005 Connecticut Avenue, Chevy Chase, MD 20815.

The meeting will feature **Kathleen Holton, PhD, MPH Assistant Professor, Health Studies American University.**

Dr. Holton is a nutritional neuroscientist. Her research examines the negative effects of dietary excitotoxins on neurological symptoms, as well as the positive protective effects of certain micronutrients on the brain. The most common dietary excitotoxin exposures in the US are from food additives used as flavor enhancers and artificial sweeteners. Dr. Holton's research is exploring the beneficial effects of removing these additives, while optimizing the nutrient composition of the diet. Her research covers effects on all age groups.

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