Diet in Preventing Chronic Diseases and Maintaining Health

Małgorzata Piszcz-Connelly
MD, FACP, Internist

When: **Sunday, January 8, 2023 at 3 PM**

Where: **Associated Polish Home (Dom Polski), 9150 Academy Road, Philadelphia, PA 19114**

Free admission

Join us for the lecture, with pączki and coffee!

About the Lecture

Hippocrates already emphasized the enormous role of natural healing methods, the role of exercise, massage, and hydrotherapy, but what he valued and recommended most was healing through healthy food. A healthy diet can contain a variety of nutritional elements, often different for each of us. The modern diet, made up of highly processed products with large amounts of added sugar, appears to be very unhealthy and responsible for lifestyle diseases, including diabetes, cancer, and hypertension. It is worth talking about this fascinating subject, so important to each of us.

About the Lecturer

Dr. Małgorzata Piszcz-Connelly, born in Bydgoszcz, graduated from the Medical Academy in Gdańsk. She is board certified in internal medicine (3 times and MOC) and is a member of the Wilderness Medical Society.

She runs her own practice, Millville Medical Center. Her additional interest is treatment that supports conventional therapies: diet and herbal medicines.

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