

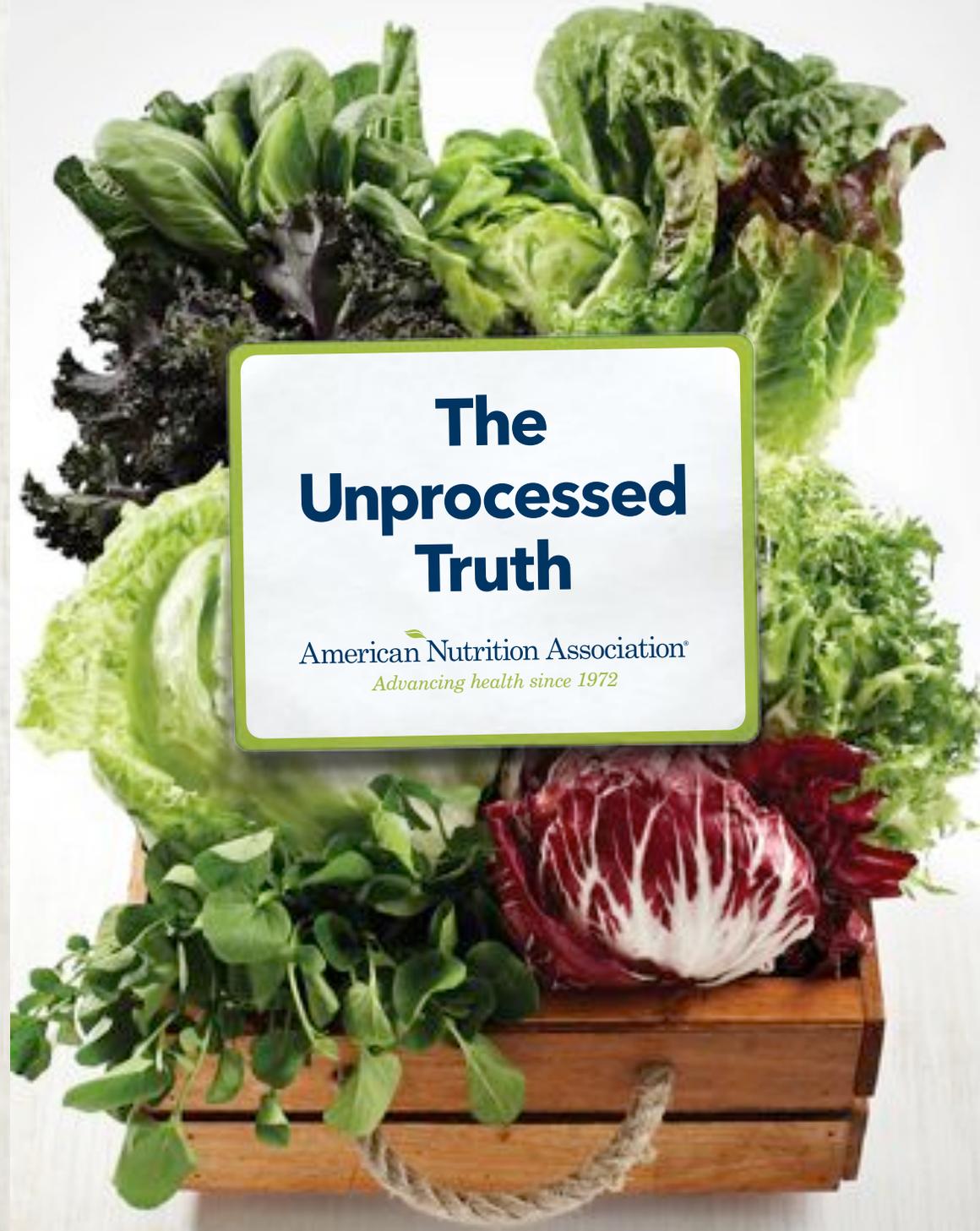


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Learn more about the ANA at:
AmericanNutritionAssociation.org



The Unprocessed Truth

American Nutrition Association®
Advancing health since 1972

The American Nutrition Association is an unbiased source for information and a community. With help from evidence and experts, we inform. We don't preach. With help from you, we create community.

You have our word: We swear to tell the truth, the whole truth and nothing but The Unprocessed Truth.

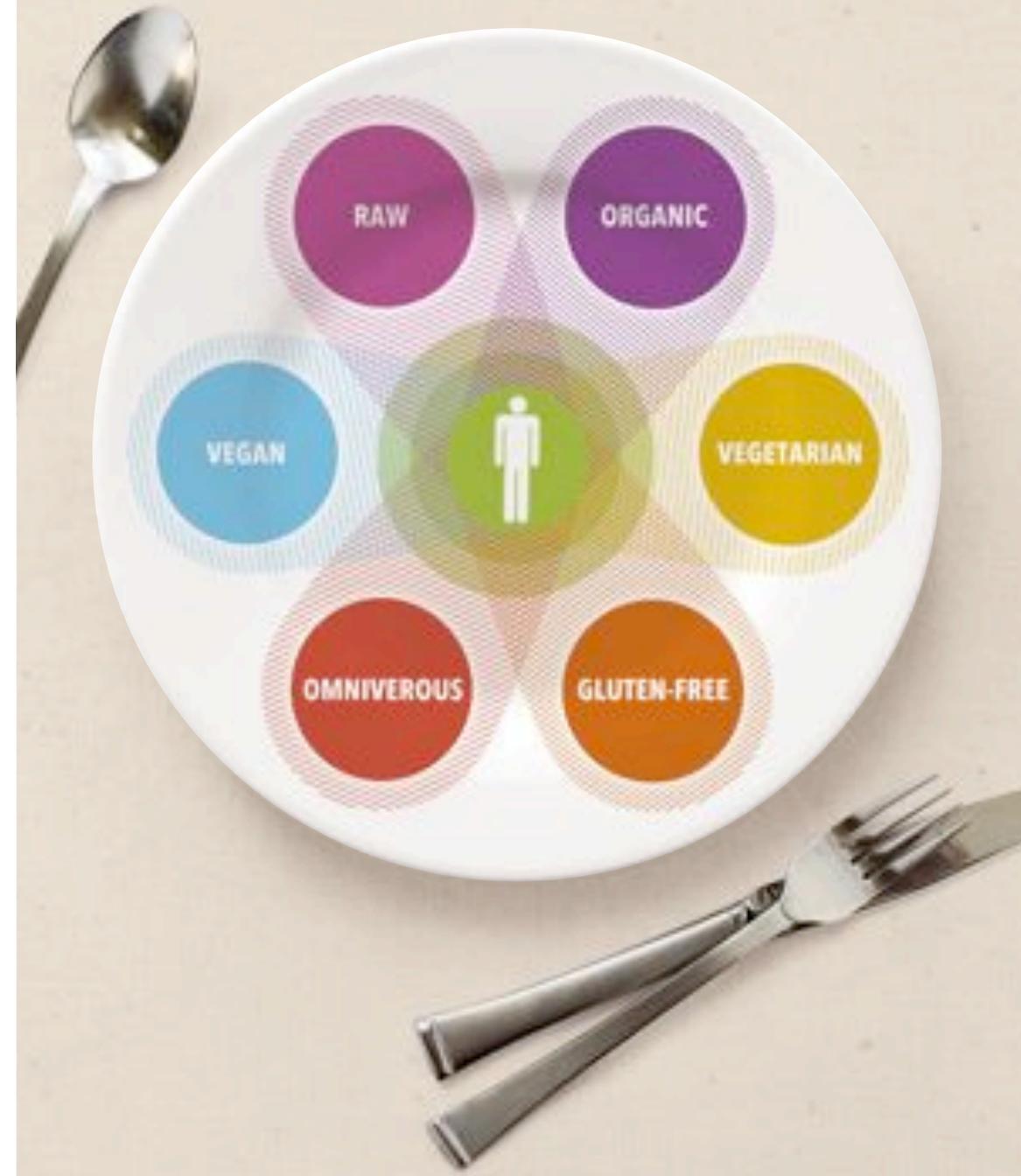
73
PERCENT

The percentage of U.S. families buying organic products. We are increasingly demanding the type of products that fulfill eco-friendly, natural, organic, local, humane and fair trade criteria.

Source: 2009 U.S. Families' Organic Attitudes and Belief Study

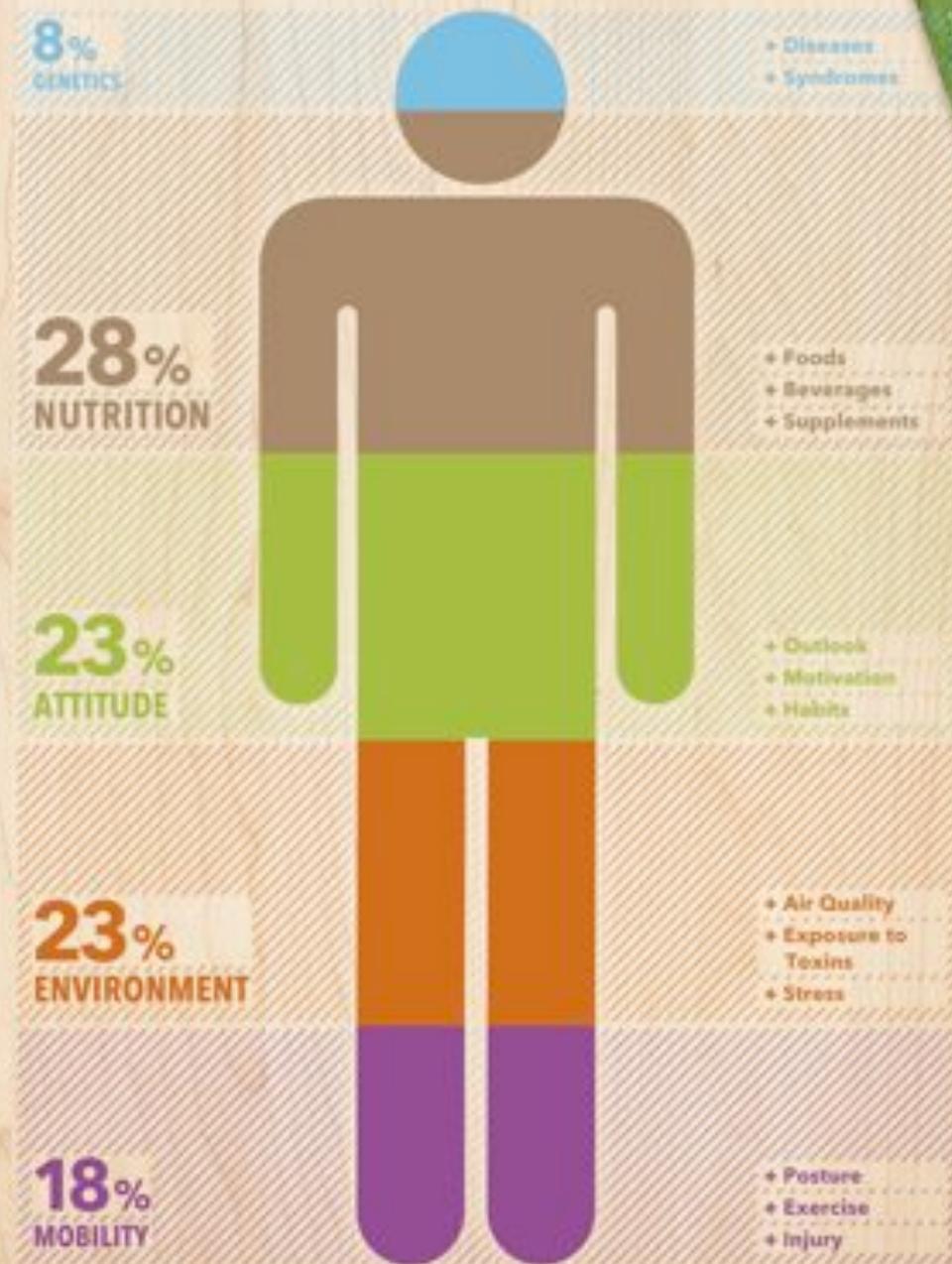
We Are the ANA

At the ANA, we embrace biochemical individuality – the notion that what's right for one person *is right for one person*. The path to true health is a personal one. But with our community of nutrition enthusiasts and professionals, you won't travel that path alone.



You Are the ANA

Only 8% of chronic illness is due to genetics. The other 92% is due to lifestyle. Your health is in your hands.



Source: National Institutes of Health. Breakdown of lifestyle factors according to Health Studies Collegium's Re>Think Task Force

We are men, women and children. We are students, organizations and health professionals. We're all seeking the same thing: a true way to vibrant health. The current health system leaves us wanting – wanting something different. We are forging a new approach to health and wellness.

The people you're about to meet have become ANA members for various reasons. No matter your nutrition beliefs, what you'll share with all members is that nutrition plays an important role in your life.

The number of obese or overweight Americans.

That's approximately two-thirds of our country's population. Childhood obesity has tripled over the past 30 years, while obesity-related diseases cost \$147 billion a year.

Source: "Battling Obesity in America" CBS Evening News, 2010

190
MILLION



“I owe my life to nutrition and the ANA.”

I Am the ANA

Donna Ichikawa, C.N.

My introduction to nutrition and health started back in college in the early 70s. My English professor (an ANA member), opened my eyes to the role environment plays on our food supply and its impact on public health.

I joined the ANA in 1984 to enhance my health, and would eventually serve as secretary and later as President. In 1987, my daughter was diagnosed with anxiety depression due to multiple chemical sensitivities and food allergies. It weakened her immune system at 2 years old and caused a severe emotional behavior disorder by 5th grade. The ANA gave me the backbone and confidence to pursue natural alternatives that would correct the problem.

I owe my life to nutrition and the ANA. In 1996, I was stricken with chronic fatigue and fibromyalgia,

and the ANA provided me with cutting-edge, unbiased nutrition information not found in the main stream. It was my window to the holistic community and my avenue to the doctors who practiced sensible medicine.

Now I do what I love most — help others seek wellness before the ravages of cancer, heart disease and diabetes take over. I attend ANA meetings as a lifetime member and a practicing certified nutritionist. The information is applied to my professional practice.



As a Professional Member, I benefit from:

- Free lecture admission
- Discounted passes & DVDs
- Pro Directory Listing
- Blog, event and job postings
- Professional Toolkit downloads
- And much more

I Am the ANA

Lynn Lawson

In 1987 I heard about the American Nutrition Association and knew I needed it. I joined and what I learned from this experience played a big part in improving my health.

In 1986 I was diagnosed with food and chemical sensitivities by Dr. Theron Randolph, a pioneering environmental physician and a founding member of the ANA's Professional Advisory Board — a turning point in my life and my health.

Through Dr. Randolph and the ANA, I discovered that modern synthetic chemicals are everywhere, in thousands of everyday products. I learned to tread carefully in this chemical mine-field. By learning what foods and chemicals to avoid contact with, the increasingly severe and frequent headaches I was suffering from for forty years were starting to gradually diminish.

I wanted to warn others and tell them how I got better, so I wrote a book, *Staying Well in a Toxic World: Understanding Environmental Illness, Multiple Chemical Sensitivities, Chemical Injuries, and Sick Building Syndrome*.

In my book, I introduce readers to the ANA and present valuable nutrition information that I learned from their excellent speakers and other members. The chapter is my grateful tribute to the ANA for teaching me the basic principles of healthy eating: eat organic, unprocessed, nutrient-dense foods, grow your own as much as possible, buy from the walls not the aisles of grocery stores, and always, always read labels.

“The ANA was a turning point in my life and my health.”



As an Individual Member, I benefit from:

- Free lecture admission
- Discounted passes & DVDs
- Online community
- *Nutrition Digest* e-newsletter
- Classes & group outings
- And much more





“I’m surrounded by peers who keep me up to date.”

I Am the ANA

Chef Ryan Hutmacher, Centered Chef Food Studios

I’ve been an ANA member since 2009. I am excited to be part of a passionate community within the wellness field that strengthens our purpose for a healthier society.

At age 24, I was 5’7” and weighed 230 pounds. I was at my physical and mental worst. I was over 40% body fat. My doctor wanted to prescribe anti-depressants, blood pressure and cholesterol medications. I was also deemed a pre-Type 2 Diabetic, had asthma and smoked cigarettes. I got winded just bending over to tie my shoes. Something had to change because I was physically, mentally and spiritually broken.

The lessons I learned through reinventing myself as an entrepreneur, athlete and chef are what drive my passion to advocate for a healthier society. I do this through the fusion of culinary arts and nutrition.

I’m a chef and lifestyle expert who advocates practical, healthful solutions through the understanding of cooking techniques, functional ingredients and social behavior. I believe diet isn’t defined by what we can’t eat, but by what we should and why.

My foundation is based on my own personal successes and failures with health and wellness, and the support network I’ve created from experts in the ANA. Our efforts are far more reaching when we collectively share our expertise. I’m surrounded by peers who keep me up to date within their respective fields, so I’m confident the answers are within my reach.



As an Organizational Member, we benefit from:

- Free lecture tickets
- My materials online
- Directory listing
- Networking, PR and speaking opportunities
- Blog, event & job postings

I Am the ANA

Dr. Connie Catellani, M.D.

I am a Physician Member of the Professional Advisory Board and have been an ANA Member for 15 years. In that time, I've learned from other nutritionally oriented practitioners, from my patients and by reading extensively about different sorts of approaches.

The ANA has enabled me to hear speakers of a caliber that usually would only be available at large national conferences. Additionally, I've been able to meet and network with like-minded people at a friendly organization for incredibly reasonable prices.

Nutrition became more important to me when my youngest son was a baby. He had many health issues, which propelled me to look into approaches besides the mainstream ones. Food sensitivity testing for him, and then for the rest of our

family, led to surprisingly rapid improvements in all of our health. That and other events led to the integrative medical practice that I'm still enjoying today.

It's hard to say which topics I'm most passionate about, because there are so many. Some include homeopathy, food allergies and sensitivity issues, organic and local food production, food therapies, GMO issues, sustainable farming practices, healthcare politics and the deteriorating health of our children. There's just no end to it!



"I've been able to meet and network with like-minded people."



As a Professional Member, I benefit from:

- Free lecture admission
- Discounted passes & DVDs
- Pro Directory Listing
- Blog, event and job postings
- Networking, PR and speaking opportunities

We don't claim to have all the answers. Instead, we do our best to raise the right questions and open it up for intelligent discussion. That's what the ANA is all about – an ongoing conversation.

We are not a company or a trade organization. We are a charitable non-profit and, above all, a community. That's why when you join, no matter your personal path, you are the ANA. Join the community and join the conversation.

65
MILLION

The estimated number of Americans using social networking sites. The Pew Internet & American Life Project estimates that usage is 35% among U.S. web users, up from 8% in 2005 with no signs of slowing.

Sources: Pew Internet & American Life Project and the U.S. Census Bureau

Join the ANA



LECTURES & WORKSHOPS

Learn and interact with top speakers within the nutrition and wellness communities.



ONLINE COMMUNITY

Watch videos and download nutrition tools. Join the conversation on our forums, blogs, book & film reviews. Check out our nutrition calendar, jobs board, school search tool, and much more.



NEWS

Get our NutritionDigest newsletter and daily news feed for the latest on research, info, recipes, tips and more.



VIDEO RECORDINGS

Access our extensive library of lectures by specialists within the wellness field; available on DVD and online.



FILM SCREENINGS & FIELD TRIPS

Invitations to attend private film screenings and participate in field trips as a community.



HEALTHY DINE-OUTS & COOKING CLASSES

Go out to healthy restaurants with a group that shares your nutrition values and experience hands-on learning and fun at healthy cooking classes.



ANA MEMBER NETWORK

The ANA is the perfect network for individuals, professionals, health students and organizations.

Join the conversation online:

AmericanNutritionAssociation.org