

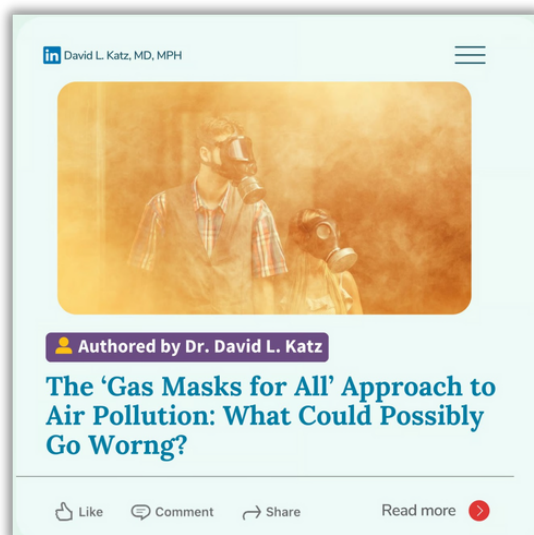
Welcome to our November newsletter.

As we inch closer to the year-end, let's inspire new perspectives and open up more opportunities for you to grow your knowledge and impact as an advocate for a healthier world.

Here's this month's latest highlights in the world of nutrition and health 🙌

Food for Thought

From the Founder's Desk



Picture a world where the remedy to a smog-filled sky is not cleaner air, but a mask for each citizen — a compelling allegory to our current approach to the obesity crisis, favoring symptom management over true prevention.

In this thought-stirring article, Dr. Katz urges everyone to address the root causes of health issues — like the quality of our food and our lifestyle choices — rather than merely profiting from their consequences.

"Just as gas masks should be available as a last resort to those contending with unbreathable air despite all best efforts to keep air breathable, so, too, should drugs and surgery be accessible as last resorts in the treatment of obesity that occurs despite best efforts to keep food nourishing and physical activity practicable."

- Dr. David Katz

MD, MPH, FACPM, FACP, FACLM, Founder of Diet ID and True Health Initiative

[Read the article here →](#)

Join the Applied Nutrition Science for Success event

[The Health Sciences Academy](#) brings you a series of complimentary interactive webinars this November!

Packed with actionable insights and step-by-step strategies, all the sessions will be led by their CEO, Maurice Castelijm, and Alex Ruani – Chief Science Educator at The Health Sciences Academy and UCL Doctoral Researcher to help you grow professionally and personally.

Here's a big-picture view of the complete line-up:

BLACK FRIDAY **APPLIED NUTRITION SCIENCE FOR SUCCESS** **SAVE up to 94%** **NOVEMBER '23 SALE**

Date	Topic
NOV 03	[CPD-CEU] How to Make Time and Grow Your Practice the Smart Way
NOV 10	[CPD-CEU] Top Health and Wellness Trends in 2024: Predictions for the Year Ahead
NOV 17	[Nutritionist CPD-CEU] Personalising Diets for Maximum Impact
NOV 21	[CPD-CEU] How to Choose the Right Software + Tech to Simplify Your Client Practice (Ft. the Clinic Toolkit)
NOV 24	[CPD-CEU] How to Diversify Income and Impact Opportunities for Health, Wellness and Nutrition Professionals
DEC 01	[CPD-CEU] Practice Beyond Boundaries: Expanding Your Reach and Impact Nationwide and Globally

[Secure your seat in all the webinars now →](#)

In the Spotlight

Inspiring Nutrition Event 2023 in London

Inspiring Nutrition by Food Matters Live – one of the most prominent events in Europe and worldwide – is set to kick off in less than a week on November 14, featuring panel discussions and roundtables on the latest nutrition trends, science, and innovations in the space.

And we're thrilled to share that Alex Ruani, UCL Doctoral Researcher, Chief Science Educator at The Health Sciences Academy, and Board Certified Health and Wellness Coach will preside over the conference opening session and chair 3 panel discussions on a wide range of topics.



FOOD MATTERS *live*

**INSPIRING
NUTRITION**
14-15 November

Get Ahead of
2024 Market Trends

Keynote Speaker and Panel Moderator
Alex Ruani
UCL Doctoral Researcher and Chief Science Educator
The Health Sciences Academy

[See the full program line-up here →](#)

There's also a 20% discount reserved for you on your registration pass, for being a valued part of our circle.

Please Use Code: HSA20

Additional Reads

Here's a curated list of top research papers that might interest you.

1.  [Why Using Ozempic Is Like Putting on a Gas Mask →](#)
2.  [The Simplest Way to Prevent the Next Pandemic? Leave Bats Alone →](#)
3.  [Lifestyle Medicine Supports Better Health Outcomes and Lower costs →](#)

Thank you for taking the time to read this month's updates!

Wishing you a November filled with learning, good health, and growth 😊

Team True Health Initiative



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