



Northumberland
Family Health Team



NEWS RELEASE – FOR IMMEDIATE RELEASE

Join Dr. Deepa Bhargava in Port Hope on Wednesday, February 20th for the next Northumberland PACE community conversation – “Ancient Wisdom with Today’s Food”

NORTHUMBERLAND COUNTY, Tuesday, January 29th, 2019—The next PACE conversation will take place at the Community Health Centres of Northumberland, 99 Toronto Road, Port Hope, on **Wednesday, February 20th at 5:30 PM** with guest speaker **Dr. Deepa Bhargava** leading the discussion.

An ear, nose and throat surgeon by training, Dr. Bhargava earned her undergraduate and graduate medical credentials from Gandhi Medical College in Bhopal, India before pursuing further sub-specialty studies in Europe. From 1993 to 2013 she worked as a pediatric otolaryngologist in Oman. A member of the American Association of Integrative Medicine and the Canadian Integrative Medical Association, Dr. Bhargava holds a long-standing belief in medical care that integrates western medicine with traditional ancient therapies, including Ayurvedic medicine, a healthy-lifestyle system practised in India for more than 5,000 years.

In Canada since 2013, Dr. Bhargava's most recent area of research and publication is **nutrigenomics**, a relatively new area of scientific study that uses modern genomics technology to study the relationship between genes, nutrition and health, as a potential solution for health challenges not solved by mainstream, western medicine. She has self-published two books on

the topic to date: *Medicinal Herbs and Spices – Scientific Evidence and Ancient Wisdom*, (2015), and *Intermittent Fasting with Herbs and Spices – Current Evidence and Ancient Wisdom* (2018).

Dr. Bhargava's third book on the subject, titled *Applying Ancient Wisdom to Today's Food*, is scheduled for release next month and her upcoming PACE talk will focus on its key themes.

Well timed following the release this month of a substantially revised [Canada's Food Guide](#), Dr. Bhargava's PACE conversation will explore four areas from her research:

- today's food and food habits, and how they can affect our health both negatively and positively
- the scientific relationship between nutrition, the human genome and our individual "microbiome" (a term for the 100 trillion bacteria and other microbes that exist in or on our bodies)
- ancient wisdom learned over thousands of years
- tips to act and apply this knowledge and wisdom in our daily choices of food

Lasting approximately one hour in length, the talk will consist of a 30-minute talk, a 20-minute question-and-answer period with the guest speaker and a 10-minute moderator summary.

Dr. Bhargava's talk will begin at 5:30 PM at the Community Health Centres of Northumberland, 99 Toronto Road.

Bring your questions, your suggestions and your experience and join in what is expected to be another lively discussion! If you have a smart phone, we invite you to bring it, to participate in real-time event feedback. No smart phone? Not a problem. Audience feedback will also be gathered without the help of technology.

Reminder – this and all PACE talks are FREE, but **pre-registration is required** to manage room capacity. Register for Dr. Bhargava's February 2019 session today at www.pacetalks.com, where you will also find a listing of the upcoming speaker and topic line-up along with video highlights from recent talks.

Next up for PACE? *The Good, the Bad and the Ugly: Finding Quality Health Information Online*, with Amanda Ross White, Health Sciences Librarian, Queen's University Library. Amanda Ross White's talk will take place on March 20th, 2019, at Northumberland Hills Hospital. Registration will open the week of February 18th.

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About Northumberland PACE – A collaborative between community health-care providers and local residents interested in learning more and promoting health and wellness, PACE (which stands for Personalized Assessment and Change Education) is a TED Talks-inspired speakers' series hosted (on a rotating basis) at Northumberland Hills Hospital in Cobourg and the Community Health Centres of Northumberland in Port Hope. Northumberland Hills Hospital, the Northumberland Family Health Team, The Community Health Centres of Northumberland, internal medicine specialists IMCare and local patients and caregivers are all represented on the 2018/19 planning table, as is the Interactive Media Development – Film and Television Production program at Loyalist College, which has partnered with the team to support audio and visual recording and distribution and, most recently, the NHH Foundation. Talks are held monthly at 5:30 PM, September through June, on the third Wednesday of the month. One hour in total, each talk consists of a 30-minute presentation followed by a 20-minute, interactive question and answer speaker/audience discussion and a short moderator summary to conclude. Seats are available free of charge, on a first-come, first-reserved basis. Preregistration is required, to manage room occupancy limits. For information, please visit www.pacetalks.com.

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