



## Food. the best medicine

A DIVERSE group of Gold Coasters felt clever indeed after choosing to mix and mingle, eat and educate themselves as part of a free event at Robina Community Centre on Monday night.

Hosted by exclusive Byron Bay treatment facility The Sanctuary, the night featured a meet and greet with US scientist and former cancer patient Jerry Brunetti over a mouth-watering selection of expertly

prepared dishes before the “food as medicine” guru shared insights on how to farm and feed sustainably.

Tonight, it’s The Arts Centre Gold Coast’s turn, as the venue hosts a talk by another US health “guru”. Living food diet expert and creator of the Reversing Diabetes Program, Dr Gabriel Cousens, will speak in the Paradise Room from 6.30pm for a 7pm start. Tickets are \$59 at the door. Visit [lifechangingevents.net.au](http://lifechangingevents.net.au)