

# Coming to HEALTHY U Monday, June 1

## James Henderson, ESQ “AB 1478: Freedom to Choose”

Healthy U  
meets in  
North Natomas  
at  
4120 S. Market Ct.  
Sacramento 95834



6:30 p.m.  
Plant-based  
Picnic Dinner

7:00 p.m.  
Presentation



Space is limited  
\$10 per person  
Call 916-482-8123  
for reservations by  
May 29th.



### About our Speaker:



Co-author of AB 1478, Grass Valley attorney James Henderson will describe how he has helped craft a bill that, if passed by the California legislature, will require doctors, in nonemergency situations, to advise their heart and diabetes patients that they have the option to pursue nutritional therapy. In other words, giving people the freedom to choose their remedies.

Henderson has practiced law in the field of personal injury litigation and medical malpractice before turning to writing.

His first book, *Indicted!*, describes how the big business of health care singularly prescribes drug-based treatment for America's growing numbers of degenerative diseases such as heart disease and diabetes rather than considering curing and preventing these diseases with lifestyle changes and medical nutritional therapy. Henderson calls for reform of the American health care model both in his book and with AB 1478. He proposes that physicians have the responsibility to teach their patients how to maintain healthy lifestyles and to avoid disease through alternative protocols such as nutrition.

*Healthy U, is a 501 (c) (3) organization funded through charitable giving and grants. Our mission is to empower individuals to make healthy choices through nutrition and lifestyle improvements. We offer a variety of classes and workshops at several locations, or for groups at their places of business.*