



Health Benefits of Wine and Chocolate

Thursday, February 14th at
10:30am in the Winn Room

A talk by Philip J. Goscienski, MD

Did you know that a study of older men indicated those who ate one-third of a chocolate bar every day had lower blood pressure and a reduced risk of death?

Modern science has finally uncovered what many of us have always known ... there must be a reason why these foods are so appealing.

We'll talk about the latest research from the Dutch, the French Paradox, the Italian Connection, and a little of the science behind the newly discovered benefits of wine and chocolate.

February is **American Heart Month**—a great time to learn what small but important steps you can take to help keep your heart beating for years to come. **Presentation is free and open to the public.**





Philip J. Goscienski, M.D. is an infection diseases specialist with a 47-year career in clinical and academic medicine. He received his undergraduate degree from the University of Arizona, Tucson, and his medical degree from the New Jersey College of Medicine and Dentistry. He is a Diplomate of the American Board of Pediatrics and a Fellow of the American Academy of Pediatrics.

Dr. Goscienski reached the rank of Captain in the United States Navy Medical Corps and closed his military career as Head of the Infectious Diseases Branch, Department of Pediatrics, Naval Regional Medical Center, San Diego, California. He was Clinical Professor of Pediatrics at the University of California at San Diego School of Medicine until his retirement.

Dr. Goscienski is the author of more than 700 newspaper and magazine articles as well as several medical journal articles and textbook chapters on various topics in pediatric infectious diseases. He has written for the *Saturday Evening Post*, *Currents*, the national newsletter of the American Heart Association and several local and national publications. He also writes a weekly newspaper column, *The Stone Age Doc*.

He has drawn on his interests in biology, anthropology, paleopathology and physical fitness to develop Better Life Seminars, a series of presentations in which he explains how our most distant ancestors lived and how we can apply this knowledge to extend our health-span and avoid the major chronic diseases of our age.

His book, *Health Secrets of the Stone Age* is based on his seminars and on the most recent findings in medical and anthropological research. The Second Edition, released in January 2005 by Better Life Publishers, is no longer in print but the Third Edition is scheduled for release in mid-2018. *Health Secrets of the Stone Age, Second Edition*, was a winner in the 2005 Independent Book Publisher Awards as well as the 2006 Writers Notes Book Awards. It placed first in the Health and Medicine category of the 2006 San Diego Book Awards.

As medical director of a local program in Public Access Defibrillation Dr. Goscienski has assembled a team of CPR instructors that has trained more than 500 members of a local church in resuscitation methods and the use of the Automated External Defibrillator (AED). He is certified as a CPR instructor by the American Red Cross.