



HAPPY NUTRITION MONTH!



**UNLOCK THE
POTENTIAL
OF FOOD**
nutritionmonth2018.ca



Every year in March, Dietitians of Canada organizes Nutrition Month to provide information and guidance to Canadians, aimed at making it a little easier for them to choose, eat and enjoy healthy food. CDHF is dedicated to helping Canadians improve their digestive and overall health. This month, we will be posting recipes, top tummy tips, and more to help you unlock the potential of food!

CLICK HERE
For more healthy resources

CLICK HERE
For more info on this campaign



A TRILLION PIECES:

THE MICROBIOME PUZZLE

Visit [CDHF.ca/microbiome-puzzle](https://www.cdhf.ca/microbiome-puzzle)

- Your microbiome's life journey
- The Gut-Brain Axis
- Prioritizing long-term health and wellness
- With Registered Dietitian and gut health expert, Andrea Hardy

TAKE AN INTERACTIVE TOUR!

CDHF has partnered up with Registered Dietician and gut health expert, Andrea Hardy to put together an interactive E-learning tool for anyone who wants to learn more about the microbiome. Follow Andrea on social media to keep up to date with your gut health.

Play Now!



www.ignitenutrition.ca



[@IgniteNutritionInc](https://www.facebook.com/igniteNutritionInc)



[@AndreaHardyRD](https://www.instagram.com/AndreaHardyRD)



[@AndreaHardyRD](https://www.twitter.com/AndreaHardyRD)

What's Health Canada saying about **Biosimilars**?



What is a **Biosimilar**?



A biosimilar is a drug proven to be highly similar to a reference biologic drug that has been already authorized for sale.



Biosimilars can only come to market after the 20-year patent protection on the reference biologic drug has ended.

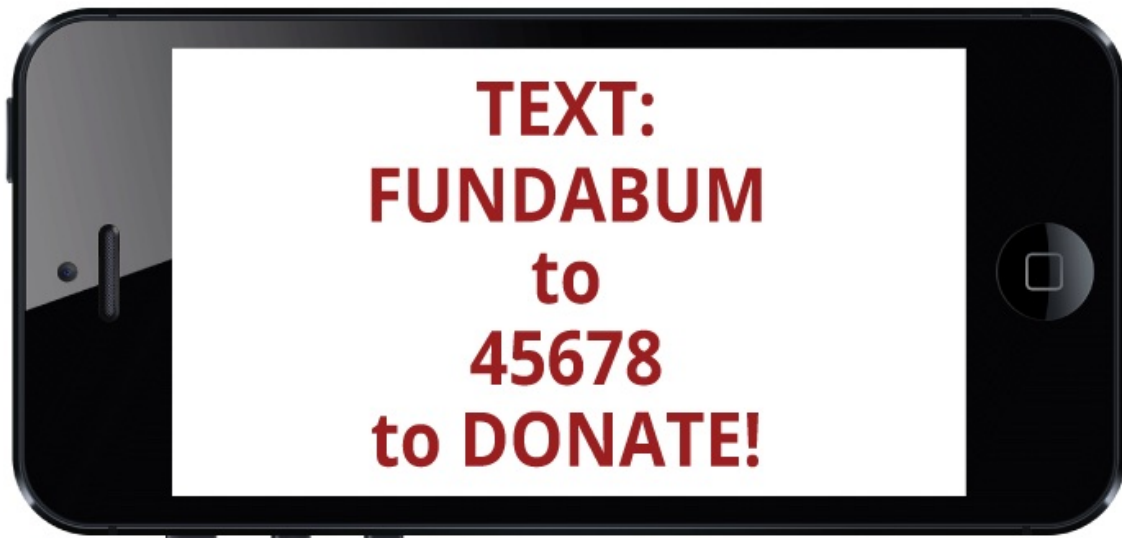


Have you seen our new infographic on Biosimilars?
Learn what Health Canada is Saying

CLICK HERE

To see the rest of the infographic!

Help us raise money for research towards gut health and make a small donation to the foundation!



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