



Information Release

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**DIETARY INFLAMMATION EXPERT DR. JAMES R. HÉBERT HEADS PRESTIGIOUS PANEL AT
SEPC'S SOUTHERN EXPOSURE**

COLUMBIA, SC - Research has proven that dietary inflammation lies at the heart of virtually all chronic diseases including diabetes, cardiovascular diseases and many types of cancer. Together, these cause the majority of disability and death in the U.S., and cost our healthcare system billions of dollars per year. Research has shown, however, that many of these conditions are largely preventable or mitigated through adopting a less inflammatory diet.

The Southeast Produce Council (SEPC) is the premier resource for professional networking, innovative, community outreach, and educational opportunities built on trust, integrity, and passion. One of their top goals, to promote the consumption of fresh fruits & vegetables in Florida, Georgia, Alabama, Mississippi, Louisiana, Tennessee, North Carolina, South Carolina, Kentucky, and Virginia, aligns with Connecting Health Innovations' push to promote an anti-inflammatory diet to reduce chronic inflammation worldwide. SEPC will celebrate their 20th anniversary at Southern Exposure 2019, in Orlando, Florida, on March 7 – 9, where they will offer an exposition combining innovation and community, educational sessions to keep members abreast of the latest in produce industry information, and many other fantastic activities!

[Dr. James Hébert](#), creator of the Dietary Inflammatory Index™ (DII®), will be a panelist alongside, Lee O'Donnell of Orlando Health and Jennifer Patzkowsky of Publix Super Markets in the education session entitled 'The Healing Benefits of Produce'. This panel discussion will share the educational, medical, and retail perspectives of the role produce plays in fighting major diseases, as well as chronic ailments, and how supermarkets play an important role in advocating for healthy eating. The DII® is based on more than 12 years of academic research and is the only scientifically validated product of its kind in the world. Although it has long been suspected that diet plays a central role in the regulation of chronic inflammation, it was not until Dr. Hébert's research and development of the DII® that scientists were able to fully understand, validate and quantify inflammation's effects based on what people eat. He will offer his expertise as a panelist speaking on the benefits surrounding a plant-based diet.

Given the heightened awareness of dietary inflammation, CHI is excited to connect the world of nutrition research with the produce industry to help increase consumption of anti-inflammatory foods and products, and in turn, reduce chronic inflammation. For more information on CHI and the Dietary Inflammatory Index™, visit <http://chi-llc.net/> or contact us at info@chi-llc.net.

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