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HEALTH & WELLNESS



**Living to 100 Club**  
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**October 25th 2019: Understanding the New World of Culinary Medicine**

This episode of the Living to 100 Club Radio show dives into the subject of culinary medicine, and its two goals: helping people understand the choices behind food options and the consequences of these different food choices, and how to prepare food in a way that inspires and optimizes our health – without compromising flavor or enjoyment. Our guest is Dr. Sabrina Falquier, an internal medicine physician who has transitioned into culinary medicine and is now bridging her medical practice with innovative, hands-on cooking classes, guiding our food choices, and the practice of awakening our se

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#### Featured Guest



#### Sabrina Falquier

SABRINA A. FALQUIER MONTGRAIN, MD - Dr. Falquier (Fall-Key-A) was born and raised in Mexico City to Swiss and American parents. This multicultural background has shaped her culinary and world view.

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