

Carlsbad Newcomers

presents

Philip J. Goscienski, M.D.

Author

"Health Secrets of the Stone Age"

Sleep, Light, and Health

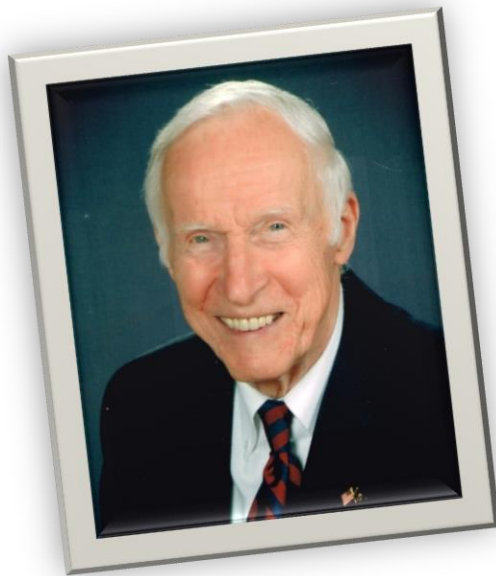
Wednesday, March 6, 2019

Carlsbad Senior Center, Activity Room
799 Pine Avenue, Carlsbad, CA 92008

9:45 a.m. **Socializing—free refreshments!**

10:15 a.m. **Meeting and Presentation**

11:30 a.m. **Adjournment**



Philip J. Goscienski, M.D. has a 47-year career in clinical and academic medicine. He received his medical degree from the New Jersey College of Medicine and Dentistry. He is a Fellow of the American Academy of Pediatrics. He retired from the US Navy with the rank of Captain and served as Head of Infectious Diseases Branch, Department of Pediatrics, Naval Regional Medical Center, San Diego. He then was the Clinical Professor of Pediatrics at the University of California, San Diego School of Medicine until his retirement.

Dr. Goscienski is the author of more than 700 newspaper and magazine articles and several medical journal articles and textbook chapters. He drew on his interest in biology, anthropology, paleopathology and physical fitness to develop **Better Life Seminars**, a series of presentations exploring how our most distant ancestors lived and how we can apply this knowledge to extend our health span, avoiding major chronic diseases of our age. His award winning book, *"Health Secrets of the Stone Age"* is based on his seminars and on the most recent findings in medical and anthropological research.

One of his 76 seminars is Sleep, Light, and Health. Humans evolved without artificial lighting and we are still subject to the day-night and seasonal rhythms to which we have adapted. Diseases and conditions, that never affected our Stone Age ancestors, are now common thanks to Thomas Edison.

Newcomers meet monthly on 1st Wednesdays at the Carlsbad Senior Center:
Newcomer information: 760.574.7472 or www.carlsbadnewcomers.org

