Michael Rice

Diet is one of the key elements of a healthy lifestyle. For those who suffer from Multiple Sclerosis, Parkinson’s, and Friedrich’s Ataxia, a simple change in diet can alleviate symptoms significantly.

While patients can alter their eating habits at home, adhering to a diet can be much more difficult at restaurants and cafes. It is only recently that restaurants have begun offering gluten free options for those with Celiac disease. Imagine the difficulty of finding food that adheres to the Paleo, Walhs, or Mediterranean diet.

We propose to create a series of pamphlets, each focused around a different dietary need. In these pamphlets, we will list who can benefit from the specific diet, key facts about the diet, and restaurants in the Cincinnati area that offer acceptable cuisine. We can distribute these around the city and outside of restaurants.

The restaurants benefit from increased advertising opportunities, and the costumers can seek out healthier meal options. It will also help increase the visibility of those suffering from lesser-known disorders, thus erasing the stigma and the increasing community awareness.

We’d like your permission to put these pamphlets out front of your restaurant.