

## Free May 30 Webinar to help Native Americans boost immunity

Written by gallupsun  
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Flagstaff, Ariz.— Native American leaders, including Navajo Nation President Jonathan Nez, Brooklyn, N.Y., Borough President Eric Adams, and renowned nutrition experts from the Physicians Committee for Responsible Medicine, are coming together on May 30 to help stop the spread of SARS-CoV-2 among Native Americans, boost immunity to viruses, and treat the chronic diseases that raise the risk of complications from the virus.

In a first joint effort, the groups will lead a free, four-hour Zoom webinar on May 30, for Native Americans. The event is sponsored by Native Americans for Community Action, the Navajo Nation Office of the President and Vice President, Diné Food Sovereignty Alliance and the Physicians Committee. “Cooking – And More! – To Combat COVID” will take place on May 30, from 12 - 4 pm Mountain Daylight Time. Learn more and register at [NativePowerplate.org](https://NativePowerplate.org).



“Native people are among those hardest hit by this devastating pandemic, but there is reason for hope,” Carrie Dallas said. Dallas is the event organizer and project coordinator for NACA.

“On Saturday, we will hear personal stories of success. Medical experts will share what they

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know about stopping the spread of the virus, and we will provide recipes, instruction, and more about the foods that sustained our Native ancestors, foods that help prevent and reverse underlying health conditions like type 2 diabetes,” Dallas said.

Brooklyn, N.Y., Borough President Eric Adams, will also speak May 30 about how he used food to lose weight and remedy type 2 diabetes. Scientific studies show that plant-based foods can help people prevent and even reverse diabetes, heart disease, and high blood pressure.