

## 1 Hour Workshops

All of the following workshops include a power point presentation and handouts.

Each of the following workshops are:

\$25 per workshop of 1 hour in duration

\$70 to attend 3 different workshops of 1 hour in duration each

\$100 to attend 5 workshops of 1 hour in duration each

**\*Please register with our receptionist at: 250-478-7142**

**Precautions:** The workshops below are for education information purposes. Please do not replace the advice of your licensed physician with the information provided. Please ask our receptionist to see our Disclaimer or you can read it on our website.

### **1 Hour Workshops:**

#### **Back on Track Wellness and Nutrition**

Get updated wellness and nutritional tips to help you manage your busy life. These tips will help you to feel more healthy and energetic!

#### **Eat to Reverse Heart Disease**

You will learn about different causes of Heart Disease and how to reverse it through your diet, lifestyle and emotions. We will teach you about how inflammation is at the root of heart stress, including high cholesterol levels. You will feel empowered on learning how to reduce the inflammation in your body!

#### **Food and Snack Preparation Tips**

You will learn about tips to cook your food to maximize the nutrient content, which oils to use for cooking, which grains to use as gluten-free alternatives and how to prepare snacks ahead of time so that you don't reach for those unhealthy temptations.

#### **Get Lean and Toned**

Keep your body's fat burning capacity optimal! Learn what you can do to minimize the fat storing hormones and which environmental chemicals you need to avoid.

### **Minimize the Causes of ADD & ADHD**

Learn about foods and chemicals that trigger the symptoms of ADD and ADHD. By supporting your body's detoxification organs, you can also minimize these symptoms.

### **Reduce Stress to Balance Your Hormones**

Find out which "hidden stressors" may be causing your hormonal imbalances.

### **Reverse Anxiety and/or Depression**

Eating to balance your blood sugar, eliminating food sensitivities and supporting your detoxification organs, are amongst some important things that will help to reverse symptoms of anxiety and depression.

### **Stop Joint and Muscle Pain Now!**

Did you know that most joint and muscle pain can be stopped by simple dietary strategies, such as finding out which foods you are allergic to and eating according to your Metabolic Type? We will teach you about potential causes of your joint and/or muscle pain. You will feel empowered to stop the pain you have by simply following our simple recommendations.

### **Take Charge of Your Hormones!**

Learn some basic and natural solutions that you can do to balance your hormones.

## **1 Hour - 4 Week Workshops**

**All of the following workshops include a power point presentation and handouts.**

**Each of the following workshops are:**

\$90 per 1 x 4 week workshop

\$170 to attend 2 x 4 week workshops

**\*Please register with our receptionist at: [250-478-7142](tel:250-478-7142)**

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## **1 Hour - 4 Week Workshops:**

### **Balanced Hormones for Life**

Learn some basic and natural solutions that you can do to balance your hormones. More extensive tips will be provided during each workshop.

### **Eat to Balance Your Blood Sugar**

Eat the optimal diet for your biochemistry so that you can balance your blood sugar. Get additional tips of ways to minimize other potential causes of blood sugar imbalances, such as avoiding food intolerances.

### **Eat to Balance Your Brain Chemistry**

Balancing your brain chemistry is possible if you follow our suggestions and tips!

### **Eat to Reduce Your Blood Pressure**

You do not have to be a victim of this diagnosis! We will teach you about diet and lifestyle tips that you can easily do to reduce your blood pressure.

### **Eat to Reduce Your Cholesterol**

Did you know that cholesterol can be a good thing? Learn about why your body produces excess cholesterol and how you can minimize the free radicals that damage your arteries and oxidize the cholesterol that your body is producing.

### **Weight Loss For Life**

We will teach you about easy lifestyle and dietary tips to help you lose the weight you want and keep it off for life!