

With You in Wellness Lecture Offerings

Sugar Blues

Are you constantly craving sweets and want to understand why? Do you want to gain control without deprivation? Learn how to change your relationship with sugar. We'll discuss what sugar does in your body, its connection to disease, why we crave it, and how we can manage cravings. It's not about willpower as much as understanding what causes our cravings and knowing that you can reduce them naturally over time.

Stress Reduction

Are you stressed out? Low energy? Running around with no time for yourself? Do you want to feel more vibrant and relaxed throughout the day? We'll discuss common causes of stress, what stress does to our body, how to recognize the triggers, and how to mitigate its effects. Learn easy ways to reduce stress and achieve a healthy balance in your life, and sample some simple breathing exercises and meditation.

10 Steps to a Thinner You

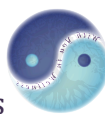
Are you unhappy with your weight? Do you have those extra chunks that just won't go away? Are the pounds creeping up as the years go by? Why does this happen? What can we do about it? The good news is, we can lose weight without depriving ourselves of eating. Our body is not our enemy. We just have to learn how it works and work with it. Let's learn how.

Our Children and Schools: Improving Their Nutrition

Sadly, our children are exposed to generally poor nutrition when they are not with us. Even in the home, they may eat poorly or complain about the healthy foods we serve them. What can we do about this? We'll discuss ways to get kids to cooperate with and even enjoy healthy eating. Moms, community groups and organizations all over the country have been improving the nutrition in school lunch menus. Learn how they are doing it, websites and support material that are available, and how you can get involved with your school. There's nothing stopping you from making a difference!

Fat, Protein, and Carbs – Confusion and Clarity

Are you confused by low carb, good carb, low fat, good fat reports? How much protein do you need, and where do you get it? Carbs, fats, and proteins are all needed for ideal health and weight, but not all are created equal. We'll learn about healthy carbs and fats that contribute to weight loss and well being as well as less healthy carbs and fats that contribute to disease, such as diabetes. You'll also receive a high protein chart. Bringing it all together, we'll discuss macronutrient levels in common foods and what a healthy balance looks like on your plate.



Taking Better Care of Yourself

Does it seem like you take care of everyone else and not yourself? How do you nurture yourself? Where do you find fulfillment in life? How do you relax? What areas of your life could use more attention? We'll explore these questions together and discuss ways to address them. There are many easy ways to get the care you want and need. Remember, if you don't take care of yourself first, you are less able to care for others.

Women's Health

You nurture your partner, lover, children, employer and community... Are you focusing on everyone else first and letting your own health suffer? This lecture will address nourishing and caring for yourself as a woman. We'll talk about issues particular to women's health, such as weight management, family stress, hormone balance, and bone strength. We'll explore ways to find some "me time" to recharge the batteries. Remember, if you don't care for yourself first, you are less effective for everyone else.

Combat High Cholesterol – Common Sense Behind the Science

You get your lab results and generally understand what the numbers mean, but what do you do if you don't want to take statins? We all know that you can eat a healthy diet and exercise. Let's get more specific and learn what you can do with foods and lifestyle to influence HDL, LDL, and triglycerides. We'll discuss food and lifestyle attributes, as well as detriments, empowering you to practically manage this condition.

Spring Detox

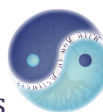
In the spring season of rebirth and rejuvenation, it's a great time to detox our bodies. The earth, in spring, provides us foods to do just that. Following the Ayurvedic philosophy of cleansing during springtime, we'll discuss how you can reboot your diet with seasonal foods that will help recalibrate your body and mind. You'll even receive a handout for a gentle 3 day cleanse, complete with a shopping list and recipes for all three days, so let's get started!

Where Do You Get Your Protein? (Vegetarian/Vegan Topic)

All vegetarians and vegans have been asked this question. Let's break it down. We'll discuss how much protein we need, the amount of protein in various plant and animal foods (including a handy chart to take with you), the quality of various plant proteins, and how to prepare them.

Psychology of Following Through

Why do you want to eat a healthier diet? Most of us feel better, have more energy, and reduce or eliminate poor health, which is motivation in itself. Perhaps you mostly eat healthy but also eat processed foods, alcohol, sugar, etc. and have not seen positive health changes. Be honest with yourself. We all need to experiment with different food and lifestyle choices, and see what works for us. Are you ready to take better care of yourself?



Fun With Fall Foods (also available for other seasons)

Cranberries, apples, butternut squash, pumpkin, sweet potatoes! And those are just the more popular ones! Fall offers an array of colorful fruits and vegetables filled with an abundance of nutrients to help prepare our bodies for the harsh winter. They show up in so many holiday recipes, yet seem less familiar than other seasonal foods, especially how to prepare them. Come join us as we discuss local Fall foods, how they benefit us, and what to do with them. We'll include fun recipes for the holidays and touch on Ayurvedic wellness through balance with nature.

How Do I Eat More Healthy? (Lecture Series)

This lecture series focuses on being supportive and taking any trepidation out of making changes to your eating habits. You will be given simple tips and practical information for eating healthier, whether you are just beginning or fully adopting more nutritional philosophies.

A. Shopping

Where do I get healthy foods? Which ones do I get? What do they look like? How do I read the label? If you feel lost or would like guidance about healthy foods and would like to try some of them at home, bring your questions to this session. You'll see what whole healthy foods look like and where to find them. We'll discuss meal planning and put together a shopping list. And you'll learn what to look for on the labels so you know what you are getting. Once you get the hang of it, it will become second nature.

B. Cooking

Now that I have the food, what do I do with it? Raw or cooked? How do I maximize nutrition? What tastes good together? Do I need special equipment or condiments? How can I aid digestion? So many questions and options in cooking! Let's simplify things. You'll learn basic simple tips of food preparation. Then you can spruce it up as you wish.

C. Eating Out

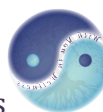
I'm going to a party – what do I do? How can I pick healthy options without overcomplicating things? Can I go to any restaurant? What do I look for? Learn how to enjoy restaurants and social functions while maintaining your healthy lifestyle. You can almost always find healthy options. Occasionally, it requires a special request or advance preparation, but it shouldn't be a problem. Learn how to discern a menu and ask easy questions, restaurants that tend to have more options, and how to ease your hosting friend's and family's stress.

D. Snacking

What can I grab when I want a snack? What if I have no time? Be prepared with easy snacks that you can stash at convenient locations. Learn about smart nutrition for the busy professional. Highly nutritional snacks and super foods can be convenient and available with little effort on your part.

E. Healthy Home Environment and Support

But my family doesn't eat this way – how can I stick to this? What do I do about cravings? I don't always feel like cooking. Where do I find support? Ultimately, it's



up to you to make changes for healthy living, but not in a vacuum. Everyone needs support. We'll discuss challenges and how you can overcome them. Design a healthy environment for success, with built in back up plans and support systems. Incorporate ways to slow down and breathe. Remember, a can do attitude and a little preparation go a long way.

Diabetes (Lecture Series)

This lecture series will give a comprehensive overview of the biological, nutritional, and lifestyle aspects of diabetes. Participants will be given a better understanding of the causes and aggravators of diabetes, our biological response to sugar in a healthy and diabetic body, and how to manage and reverse Type II diabetes with nutrition and lifestyle.

A. Diabetes Overview

We'll discuss hormone balance, insulin resistance, digestive triggers, symptoms, tests (A1C), Type I and II, popular misconceptions

B. Nutritional Influence of Simple Carbs

C. Nutritional Influence of Saturated and Trans Fats

D. Consequences and Related Diseases

E. Ways to Help with Nutrition and Lifestyle

