

## Course Description

### **WEEK 1: Designing Your Diet for Healthy Living** (1/18/16)

The natural hygiene theory is covered in detail: background and philosophy, science, and testimonials. Learn about digestion time, food combining, and how to safely transition your diet into a healthier one.

### **WEEK 2: The Importance of Minerals** (1/25/16)

In order to create an optimal diet, we need to understand what role the major minerals play in the body's function and how to make sure that we are receiving adequate amounts. Learn about power foods that are packed with essential nutrients and can be easily incorporated into your existing diet.

### **WEEKS 3 AND 4: Introduction to Superfoods** (2/1/16, 2/8/16)

Find out what "superfoods" are and how they can revolutionize your life. After a basic introduction to superfoods, participants will learn about the health benefits of select food supplements and how they are commonly used.

### **WEEKS 5 AND 6: Fermented Foods and Drinks Workshop** (2/15/16, 2/22/16)

This workshop that will cover the history and background of fermentation, the health benefits of fermented foods and drinks, step-by-step instructions and video demonstration, and guidelines for implementation that will prepare you to boost your health one delicious bite and sip at a time!

### **WEEK 7: Detoxing the Body Gently and Safely** (2/29/16 – Happy Leap Year!)

Toxins accumulate in our body at an alarming rate. We are constantly bombarded with toxins through food and the environment. Learn why detox is an important component of wellness, how to safely implement a gentle program, and how to make more educated choices in the future to minimize toxic build-up.

### **WEEK 8: Sleeping Well Naturally** (3/7/16)

Sleep is one of the body's most important functions, yet is one of the areas where many of us suffer most. Learn how to improve both the quality and quantity of your sleep through a host of natural options targeted at common sleep barriers.

### **WEEK 9: Benefits of Mind-Body Exercise** (3/14/16)

Certain forms of exercise are designed to be therapeutic (healing) in nature. Qigong is therapeutic, easy to learn, and fun to do! In addition to thousands of years of practice, the benefits of qigong are strongly supported by medical research. This seminar includes a video demonstration that anyone with medical clearance to exercise is welcome to participate in.

### **WEEK 10: Meditation Made Simple: Ten Minutes to Physical, Mental, and Emotional Balance** (3/21/16)

Relaxing the body and mind are integral components in wellness. Meditation is a key piece of living naturally, yet is often overlooked. Quieting the mind doesn't need to be difficult; the simple exercises covered will set you up for a successful, rewarding practice that can be integrated into the busiest of schedules. Growing studies support the benefits of meditation for a myriad of health problems. After exploring these exciting discoveries, we will put our new skills to the test with a ten-minute meditative practice that you will feel confident continuing independently.