

Simply Natural Health

Workshops/Seminars

A Day of Wholesome Eating

4 hour workshop

Would you like to eat healthier, but don't know where to begin? This seminar is very practical in discussing and demonstrating the variety and simplicity of wholesome breakfast, lunch, dinner and snack options available to you.

Food preparation demos and samples include:

- fresh juices
- wholesome snacks
- vegetarian chili
- pasta
- fruit smoothies
- salads
- pizza
- ... and more!

\$60.00 per person, includes snacks, lunch and a copy of the *Everyday Wholesome Eating* cookbook or *Everyday Wholesome Eating Companion Guide* (\$14.00 retail value).

Minimum 10 registrants.

Wheat-free, Dairy-free, Sugar-free, Egg-free Baking

2 ½ hour workshop

7 allergen-free baked goods prepared and served
\$35.00 per person, includes brunch and a copy of *The Wheat-free, Dairy-free, Sugar-Free, Egg-free Baking Booklet* (\$4.00 value)

Minimum 10 registrants.

Simply Natural Health

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The Raw Deal

5 hour workshop

Learn of the benefits of enzyme and nutrient-rich raw foods. Observe how to make simply delicious dishes using health-promoting raw foods, and enjoy samples throughout the class. This workshop is a great tasty introduction to wholesome foods in their most natural state. Food preparation demonstrations will cover breakfast, lunch, dinner and snack options, including:

- fresh juices
- fruit snacks
- cut veggies and dips
- nut loaf
- apple pie
- fruit smoothies
- flax crackers
- pasta and sauce
- fruit and nut balls
- and more!

\$80.00 per person, includes snacks, lunch and a copy of *Everyday Wholesome Eating*. . . *In the Raw* recipe book (\$16.00 value)

Minimum 10 registrants.

Candida Workshop

5 hour workshop

Have you been making dietary changes yet aren't seeing the physical improvements you might like to be? Maybe candida has a hold on your health.

This practical workshop may be just the encouragement you need to address this problem. The instructors have dealt first hand in overcoming candida through dietary and lifestyle changes and are eager to share with you some applicable information and practical strategies. In contrast to many of the oppressive candida plans that leave you on your own in figuring out what you can actually eat, this workshop will clearly describe those foods that harmful, questionable and helpful in combating candida and the preparation of many "candida-compatible" dishes will be demonstrated.

\$70.00 per person, includes lunch and a copy of *The Candida Companion Guide* or the *Everyday Wholesome Eating Companion Guide* (\$10.00 retail value)

Minimum 10 registrants.