

Simply Natural Health

Classes

FREE Introductory Class

“An Informative Introduction to Wholesome Eating and Healthy Lifestyle”

1 ½ hour class includes

fruit smoothie demo/sample, plus Q&A time

Offered at **site of choice**

(home, church, library, workplace, gym, etc.)

with a minimum of 10 registrants.

Our Overall Philosophy

We believe that God created us with incredible self-healing bodies, and if we provide them with the food and care that God originally meant for their maintenance, they can perform their God-given ability of restoring health. We recommend a whole, natural diet based on foods as close to the way God originally created them as possible. We recommend in all areas of life and health that we strive to live according to God's original optimal design for health- including our relationship with Him and others, natural foods, pure water, fresh air, sunshine, physical activity, rest and healthful stress maintenance.

GOOD FOOD GOOD HEALTH **Weekly Class Series**

Practical classes that offer help and encouragement in achieving health gain and/or weight loss through natural diet and lifestyle changes. A 10 week series of 1 ½ hour classes featuring weekly health topics and recipe demonstrations and samples. GFGH is designed to give you the answers, encouragement and practical helps you need in making successful lifestyle changes.

Registration Details:

- \$124.00 per person
- Minimum of 8 full-paid registrants
- Spouse of a registrant can attend series for half-price (\$62.00)
- **PLUS, free with registration:**
Good Food Good Health manual and
Everyday Wholesome Eating cookbook
(retail value: \$24.00)

Individual Classes

2 hour class

including recipe demo/samples and Q&A time
\$120.00 per class (for up to 15 participants)

Making Health a Habit

- Addresses keys to successful lifestyle change
- Simple meals ideas demos and samples

O.K., So where do I begin?

- Successful transitioning to healthy eating
- Dips and cut veggie demo and samples

Health Benefits of Raw Foods and Juicing

- Fresh vegetable juice demo and samples

What's so bad about the American Diet?

- Wholesome snacks demo and samples

What about protein, calcium and fats?

- Homemade salad dressings demo & samples

Beyond food in the big picture of good health

- Dessert demos and samples

Wholesome Eating as a Lifestyle

- Healthful foods for all settings and occasions
- Quick meal demos and samples

Fitness as an Enjoyable Part of Your Lifestyle

- Replacing the oppressive American idea of “exercise” with a balanced natural way to incorporate physical activity into your life
- Natural “power snack” demos and samples

Feeding Children a Wholesome Diet

- Practical helps and tips for transitioning children to a natural diet
- “Kid” snack and meal demos and samples

Healthy Body /Healthy Home

- Concerns with commercial body/home care products, alternatives & simple cleaning tips
- Party snack demos and samples

The Path to Health

- Addressing symptoms, cleansing and detox
- Holiday meal demos and samples

Does Candida Have a Hold on your Health?

- Sources, symptoms, and strategies
- Practical meals, menu plans

Allergen-free Baking

- Wheat-free, dairy-free, egg-free, sugar-free
- Tips and simple baked good recipes