

# Simply Natural Health

## “Design-Your-Own” Weekend Retreat

*Host site selects from a variety of health/diet topics to custom design a weekend retreat*

### **Friday Evening 7:00-9:00**

*“Introduction to Wholesome Eating and Healthy Living” presentation*  
Fruit smoothie/soft-serve ice-cream  
(demonstrated and served)

### **Saturday 9:00-3:00**

9:00-10:30 **Topic 1** - plus snack demos  
10:30-10:45 Snack and break  
10:45-12:15 **Topic 2** - plus lunch  
preparation demos  
12:15-1:15 Lunch served  
1:15-2:45 **Topic 3** - plus recipe demos  
2:45-3:00 Question and Answer time

### **Registration Details:**

- \$80.00 per person
- Minimum of 10 full-paid registrants
- Spouse of a registrant can attend retreat for \$45.00 (one set of materials per couple)
- **PLUS, free with registration:**  
Everyday Wholesome Eating cookbook or Everyday Wholesome Eating. . . In the Raw recipe book (retail value: \$16)
- **Please note: additional travel expenses may apply; contact us for details!**

Check out more of our offerings  
and resources at:

[www.simplynaturalhealth.com](http://www.simplynaturalhealth.com)

## Topic Choices

### **Making Health a Habit**

Keys to successful lifestyle change and achieving healthy balance in your life

### **O.K., So where do I begin?**

Many practical tips and suggestions for successful transitioning to healthy eating

### **Raw Foods and Juicing**

Examines health benefits of raw foods/juicing

### **What’s so bad about the American Diet?**

Investigates the SAD foods that hurt our health

### **What about protein, calcium and fats?**

Practical answers to these common questions.

### **Beyond food in the big picture of good health**

Looking at the lifestyle issues that impact health

### **Wholesome Eating as a Lifestyle**

Healthy choices for all settings and occasions

### **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

### **Feeding Children a Wholesome Diet**

Practical helps and tips for successfully transitioning children to a natural diet

### **Healthy Body /Healthy Home**

Concerns with commercial body/home care products- alternatives & simple cleaning tips

### **The Path to Health**

Beginning with current symptoms, how we progress through the cleansing process/detox

### **Does Candida Have a Hold on your Health?**

Some of the sources, symptoms, and strategies for dealing with this common health problem

### **Allergen-free Baking**

Wheat-free, dairy-free, egg-free, sugar-free baking tips and recipes