

WHOLE 30/PALEO

Five week class to health



What: Five week class learning about The Paleo Way of Nourishment and the Whole 30 (in 30 days) to kick off a new chapter in your nutritional life

When: Mondays, Sept 10th, 17th, 24th, October 1st and 15

Where: Healing Path Holistic Medicine Clinic

Cost: \$95.00 for 5 weeks

By: Anja Middelveld, L.Ac., NTP and Jeri Waker, Paleo enthusiast

Have you heard of Paleo? It's all over the news, and you may even have some family or friends who are trying it. Paleo is basically a way of eating, like we did before we started farming and processing food (sort of like cave man/woman did). The whole 30 is a step up from that, and excludes all grains, dairy, sugar, as well as alcohol. Some call it "eating naked". Processed foods can cause a myriad of health problems, such as inflammation, leading to chronic and degenerative diseases. The Whole 30 will give your body a fair chance to repair itself, without side-effects.

In 5 classes we prepare, guide, inform, and help you to succeed at turning your nutritional life around. Each week we discuss why The Whole 30 is helpful to a healthy and nourished body and mind. We will help you find the resources for recipes and useful information. You will be amazed how nourished you feel, and we know that you can do anything for just 30 days!

We didn't invent the whole 30, and we fully acknowledge the materials provided by Whole9life.com. Here is some more information about The Whole 30 <http://whole9life.com/itstartswithfood/>.

Let us know if you would like to order their book "It Starts with Food".

Call or stop by at the clinic to sign up. 503 513 4665