

WHOLEFOODS FOR BEING WELL



CLASSES FEBRUARY– JUNE 2010

WHOLEFOOD NUTRITION THEORY

PRINCIPLES OF HOLISTIC NUTRITION - EATING FOR HEALTH Seminar and discussion group

Sun April 11 & 18 & May 2 & 9 | 4 sessions | 11am-2 pm | \$250

For those interested in discovering the guiding principles of good nutrition for wellbeing, this course evaluates modern diets and nutritional components, focuses on understanding the energetics and effect of food on wellbeing, highlights the alkalising and acid balance, superfoods and teaches you how to choose wholefoods wisely. Sandra introduces you to a range of natural food products and ideas from her well stocked kitchen. Samples and tastes are included.

GENERAL WHOLEFOOD COOKING CLASSES

For those who have not attended Sandra's classes before and are beginners in Wholefood cookery, this session is essential before beginning the Vegetarian Wholefoods 2 sessions classes.

INTRO CLASS - THE BASICS OF WHOLEFOOD COOKERY

Sun February 28 | 1 session | 11am-1.30pm | \$90 OR

Wed March 31 | 1 session | 7pm-9.30pm | \$90 OR

Sun May 16 | 1 session | 11am-1.30pm | \$90

Stock up your pantry to support your good health. This session is an introduction to wholegrains, legumes, vegetables from land and sea, good oils and condiments. Learn about health supportive cooking methods and health benefits of ingredients. Sandra introduces you to a range of natural food products and ideas from her well stocked kitchen. This discussion format includes some tastings and nutritional information handouts.



Autumn

Time to focus on lungs, intestines, and immune system to increase energy... don't forget to breathe deeply through the lungs and always remember to chew!

AUTUMN VEGETARIAN WHOLEFOODS

Wed April 7 & 14 | 2 sessions | 7pm-9.30pm | \$190

Discover the world of macrobiotic style wholefoods and enjoy a healthy balance and a great life. For beginners (intro class is recommended) or those who want more inspiration. Enjoy protein rich soups, nourishing greens, easy to prepare dressings and sauces, the right way to cook wholegrains e.g quinoa, brown rice, millet. Learn about good oils, condiments, and natural sweeteners for desserts

- use alkalizing mineral rich (especially calcium and iron) sea vegetables
- end cravings & imbalance
- learn about medicinal value of whole foods

WOK COOKING - VEGETARIAN WHOLEFOODS

(skills, techniques and tastes suitable for meat dishes too!)

Mon April 12 & 19 | 2 sessions | 7pm- 9.30pm | \$190

Learn how to use your wok with organic vegetarian wholefoods - noodles, wholegrains, greens, herbs and spices.

- Also using highly alkalizing mineral rich (especially calcium and iron) sea vegetables and fermented soyfoods Which wok? Which sauce? Which oil? All secrets revealed and all food tasted!

Winter

Time to strengthen the urinary tract and kidneys, increase the flow of kidney based physical and emotional energy, release stagnation and revitalize the function of our circulation. Strengthen ability to transform emotions and food into energy for optimum wellness.

WARMING WINTER VEGETARIAN WHOLEFOODS

Sun May 23 & 30 | 2 sessions | 11am-1.30pm | \$190

(see Autumn Vegetarian Wholefood class description above)

In order to enrich our blood and strengthen our bodies, winter cooking includes warming foods with longer cooking and more, yet still moderate amounts of salt and good oil. Winter root vegetables, grains, bean dishes soups and stews increase body heat. Lighter dishes such as fresh greens, winter salads and other colourful vegetables add balance and variety.

CONDITION SPECIFIC COOKING CLASSES

CANCER FIGHTING ORGANIC VEGETARIAN FOODS

Sun March 14, 21 & 28 | 3 sessions | 11am-1.30 pm | \$295
Sandra will introduce you to immune enhancing, enzyme rich medicinal whole foods, which not only support health due to anticancer and antioxidant properties but also taste great. Learn about alkalising foods. Enjoy Sandra's special cancer fighting miso soup, nutrition rich greens and cruciferous vegetable dishes, cancer fighting mushrooms, special vegetable juices and more. These are combined nutrition and cooking classes.

FOODS FOR MENOPAUSE - MAINTAINING YOUR HORMONAL BALANCE

Wed March 18 | 1 session | 6.30-9.30pm | \$90
During menopause, women often experience uncomfortable symptoms. These symptoms include hot flashes, night sweats, mood swings, irregular, changes in bleeding and loss of sexual desire. Making simple changes to your diet and using natural food remedies for menopause relief has provided some degree of success with some women. A low fat, high fibre selection of wholegrains, fresh vegetables, beans, sea vegetables, seeds and nuts can help the body adjust more easily to changing hormonal levels. This is a combined nutrition and cooking class.

NOURISHING YOUR THYROID

Tues April 27 | 1 session | 6.30pm -9.30 pm | \$90
Thyroid disease is a fast growing epidemic. There are many reasons why this gland is suddenly not functioning. Learn about "endocrine disruptors" in our food and the environment. These inhibit thyroid health and set the body up for failure. The thyroid affects every cell in your body and regulates cell metabolism like a thermostat The thyroid is the key to maintaining a healthy metabolism and properly functioning endocrine system. Learn how proper diet can protect us and which healthy foods actually slow down or speed up thyroid function. Sandra supports her own thyroid imbalance with thyroid-nourishing recipes using wholegrains, protein rich legumes, nourishing vegetables from land and sea, healthy fats and medicinal foods. This is a combined nutrition and cooking class.

MAINTAINING HEALTHY BONES

Tues May 11 | 1 session | 6.30pm-9.30pm | \$90 OR
Sun June 20 | 1 session | 11am-2pm | \$90
Orthodox Medicine stresses calcium consumption for healthy bones. Holistic Medicine also recognises that a diet rich in protein, salt and substances (such as oxalic acid, insoluble fibre and phosphates) can block calcium absorption and therefore contribute to bone loss. An optimal bone mass is important, as it can help lessen the risk of fractures and their complications. Help support healthy bones through your diet. Learn how to prevent debilitating bone diseases, and the best wholefoods to help strengthen bones. This is a combined nutrition and cooking class.



Sandra Dubs OzFoodTrainer™
Grad Dip Appl Sc (Nutritional & Environmental Medicine)

mobile 0407 360 323 email sandra@ozfoodtrainer.com

COOKING FOR NATURAL BEAUTY - NOURISH YOUR SKIN

Tues May 4 | 1 session | 6.30pm-9.30pm | \$90 OR
Sun June 6 | 1 session | 11am-2pm | \$90
Your skin is the largest organ of your body. If you nourish your body from the inside out, you will make a difference in the way your skin looks and ages. The skin is an organ of elimination used by the body when toxins in the blood become excessive and overrun the blood-cleansing capacity of the kidneys, liver and spleen. True beauty comes from within. Learn how to nourish your skin with foods that help calm inflammation; mineral-rich foods that strengthen hair and nails; and cleansing foods that keep body systems in healthy condition. This is a combined nutrition and cooking class.

HEALTHY FOOD TOURS LAST SATURDAY EACH MONTH

Maximum 6 people | Cost \$45 includes samplings and printed material. BOOKING ESSENTIAL
Last Saturday every month come on Sandra's 90-minute shopping trip to a market in Prahran. Sandra will show you where to shop organically, share nutritional information about ingredients, and help you to stock real super whole foods in your pantry.

Registration

Please send your payment to:
Sandra Dubs PO Box 523, Malvern, Vic 3144 ABN 20 310 387 837

Name: _____
Address: _____
Postcode: _____
Tel: _____
Fax: _____
email: _____

Please indicate which session/s you will be attending:

- PRINCIPLES OF HOLISTIC NUTRITION-EATING FOR HEALTH
- INTRO CLASS - WHOLEFOOD COOKERY
- AUTUMN VEGETARIAN WHOLEFOODS
- WOK COOKING - VEGETARIAN WHOLEFOODS
- WARMING WINTER VEGETARIAN WHOLEFOODS
- CANCER FIGHTING ORGANIC VEGETARIAN FOODS
- FOODS FOR MENOPAUSE
- NOURISHING YOUR THYROID
- COOKING FOR HEALTHY BONES
- COOKING FOR NATURAL BEAUTY
- HEALTHY FOOD TOURS LAST SATURDAY EACH MONTH

Payment details

Total amount \$ _____ Cheque payable to 'Sandra Dubs'
Credit card: Bankcard Mastercard Visa
Card No _____ / _____ / _____ / _____
Expiry date ____ / ____
Cardholder's name: _____
Signature: _____