

WHOLEFOODS FOR BEING WELL



CLASSES JULY – DECEMBER 2010

WHOLEFOOD NUTRITION THEORY

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

Sun Sept 26, Oct 3, 10 & 17 | 4 sessions | 11am-1.30pm | \$260

For those interested in discovering the guiding principles of good nutrition for wellbeing, this course evaluates modern diets, nutritional components, focuses on understanding the energetics and effect of food on wellbeing, alkalising and acid balance, superfoods and 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, Hearty Soups, Alkalise for life classes.

INTRO CLASS - THE BASICS OF WHOLEFOOD COOKERY

Sun July 11 | 1 session | 11am-1.30pm | \$95 OR
Thurs Sept 16 | 1 session | 7pm-9.30pm | \$95 OR
Sun Nov 21 | 1 session | 11am-1.30pm | \$95

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.

Winter In order to enrich our blood and strengthen our bodies, winter cooking includes warming foods with longer cooking, 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.

WARMING WINTER VEGETARIAN WHOLEFOODS

Sun July 18 & 25 | 2 sessions | 11am-1.30pm | \$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 eg. quinoa, brown rice, millet. Learn about good oils, condiments, and natural sweeteners for desserts.

- enjoy alkalising mineral rich (especially calcium and iron) sea vegetables
- end cravings and imbalance • learn about medicinal value of whole foods
- discover gluten and dairy free wholefoods.

ALKALISE FOR LIFE

Tues July 13 & 20 | 2 sessions | 7pm-9.30pm | \$190 OR
Tues Oct 5 & 12 | 2 sessions | 7pm-9.30pm | \$190 OR
Mon Nov 22 & 29 | 2 sessions | 7pm-9.30pm | \$190

Learn how to prepare alkaline meals and learn about pH balance and how it applies to our health. A healthy balance begins with an understanding that as long as we are acid our body is in a state of degeneration. Eating healthful alkalising foods can help you regain a real healthy balance, lose excess weight, improve your mood, de-stress and protect the bones, joints, muscles, heart, brain, liver and kidneys. Enjoy leafy greens, vegetables from land and sea, cook with miso and add alkalising super wholefoods into your daily food choices. Eating an alkaline diet is very powerful in helping your body work better!

HEARTY VEGETARIAN SOUPS - A MEAL IN A BOWL

Thurs July 15 | 1 session | 7pm-9.30pm | \$95

Winter is the time to welcome back the warming and fortifying energy of hearty soups. Learn to make soups with nourishing ingredients using seasonally appropriate beans, vegetables, greens and wholegrains. Prepare soups with the ethnic flair, accent and complexity of delicious international cuisines.

Spring In the spring begin to eat lighter dishes with less seasoning and salt. The main cooking styles are steaming, boiling, pressing salads and quick sautéing. Fermented foods nourish us at this time of year. Take care of the liver and gallbladder. Eat less and perhaps fast and cleanse the body of the fats and heavy foods of winter.

TRADITIONAL JAPANESE COOKING

with Master Chef Itosan & Sandra. Vegetarian and Seafood
Mon Sept 6,13, & 20 | 3 sessions | 7pm-9.30pm | \$295

Sandra and Master Japanese Chef Itosan started the first Japanese cooking school in 1987. They will inspire you with easy to prepare Traditional Miso Soup, Quick Pickles, Horenso, Sushi, Sashimi, Agedashi tofu, Nasu Dengaku, Noodles and more. Be informed about the health benefits of cooking with a variety of sea vegetables and nutritious fermented soyfoods.

SPRINGTIME VEGETARIAN WHOLEFOODS

Thurs Sept 23 & 30 | 2 sessions | 7pm-9.30pm | \$190

(See WINTER VEGETARIAN class description for more information)

Summer is heart and small intestine time. Eat lighter easily digested plant-based organic nutrients for body cleansing and detoxification. Enjoy lightly cooked, brightly coloured foods, lots of fruits and vegetables. Avoid salty & heavy foods.

SUMMER VEGETARIAN WHOLEFOODS

Sun Nov 28 Dec 5 & 12 | 3 sessions | 11am-1.30pm | \$260

Cool off and lighten up. Enjoy seasonal raw and cooked vegetables from land and sea with noodles and beans to create health in a bowl. Discover wonderful salad dressings such as creamy wasabi, umeboshi plum vinaigrette, tahini miso and more. Enjoy salads, snacks and handrolls such as healthy nori rolls, tofu pouches and more.

CONDITION SPECIFIC COOKING CLASSES

CANCER FIGHTING ORGANIC VEGETARIAN FOODS

Thurs Nov 25, Dec 2 & 9 | 3 sessions | 6.30pm-9.30pm | \$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.

NOURISHING YOUR THYROID

Thurs July 22 OR Thurs Oct 7 | 1 session | 6.30pm-9.30pm | \$100

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 that inhibit thyroid health and set the body up for failure. The thyroid affects every cell in your body, regulating cell metabolism like a thermostat. It is the key to maintaining a healthy metabolism and properly functioning endocrine system. Learn how proper diet can protect us, 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.

COOKING FOR HEALTHY BONES

Thurs Oct 14 | 1 session | 6.30pm-9.30pm | \$100

Although orthodox medicine stresses calcium consumption, more holistic medicine points to a diet rich in protein, salt and substances which block calcium absorption such as oxalic acid, insoluble fibre and phosphates and therefore causes 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.

COOKING FOR NATURAL BEAUTY - NOURISH YOUR SKIN

Mon Aug 9 | 1 session | 6.30pm-9.30pm | \$100 OR
Sun Oct 24 | 1 session | 11am-2pm | \$100

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 at 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
- WINTER WARMING VEGETARIAN WHOLEFOODS
- ALKALISE FOR LIFE
- HEARTY VEGETARIAN SOUPS - A MEAL IN A BOWL
- TRADITIONAL JAPANESE COOKING
- SPRINGTIME VEGETARIAN WHOLEFOODS
- SUMMER VEGETARIAN WHOLEFOODS
- CANCER FIGHTING ORGANIC VEGETARIAN FOODS
- 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: _____