

The best Medicine is – healthy Food

What does food have to do with staying well, reversing illness, and finding out how it feels to be fully energized, enjoying that spark of life we started with when we were young?

*This Five session workshop is combined of two separate parts;
Philosophy and Cooking*

Philosophy

Saturday Oct. 8th. 10 - 12pm.

- Learn natural home remedies to help relieve conditions such as fatigue, Hypoglycemia aches and pains, digestive disorders, stress and more.
- Learn the Yin/ yang in foods and cooking,
- Learn the difference between acid and alkaline foods.
- Exploration of our beliefs about food and how it affects our healing and why.

Cooking Classes

Two Saturdays Oct. 15th and 22nd. 10 - 1pm.

- Preparing and cooking everything from basic miso soup, to fancy dairy and gluten free luscious desserts

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(Instruction, work book, recipes, hand outs are all included plus enjoying the delicious meal.)

To register call Donée-san 619-550-7562

Cost: \$135.

15% discount for those who pay by Sept 30th.

www.sdmacrobiotics.com