



THE FUNDAMENTALS OF COOKING FOR DISEASE PREVENTION

INCLUDES ASL INTERPRETATION

The
Natural
Epicurean

Academy of Culinary Arts

OVERVIEW

WHOLE GRAINS:

Foundation for a lifetime of healing. Learn how to choose each for particular health conditions

ACID & ALKALINE

DEMYSTIFIED: Blood pH is the secret to a vital immune system.

VEGETABLES: Learn how to use each for variety, flavor, balance and optimum health.

THE PHYSICS OF FOOD:

Food affects the chemistry that controls our thinking and emotions.

SEA VEGETABLES: Key component of a healthy diet.

THE PHYSICS OF WATER:

Impacts digestion, nutrient transport, metabolism, and waste removal.

SOUPS: Start your day with an "ocean in a bowl"

CARBOHYDRATES: Many are the near perfect anchor for a balanced and economical human diet.

Cooking class & lecture series takes place:

April 7 & 8

You will be able to use what you learn in this workshop for a lifetime of delicious and healthy eating. Find out how the macrobiotic approach can bring balance, health and happiness into your life. Discover a variety of delicious, health-supporting foods, including whole grains, vegetables, sea vegetables, soups, condiments, pickles, oils, and naturally-sweet flavors. You will learn:



- = What constitutes a satisfying, healthy, and delicious meal
- = Which foods are acid/alkaline
- = The skinny on carbs
- = How foods affect your body, mind, and emotions

**Join us in the
Cielo Room at
Casa de Luz
from 9 am -
4 p.m.**

Cost: \$250 for the complete series (\$125 for the second person if you bring a friend or family member).