



**Tuesdays**

**September 13  
November 29, 2016**

No class October 4 & 11

**5:30 – 7:00 pm**

**Cost: \$450**

(note – if you have extended health for a Naturopathic Doctor, you may have coverage for this course)

**Instructor:**

Dr. Darlene Ahenakew ND

I've been in private practice helping individuals with naturopathic medicine for 15 years. But with so much to learn about Healthy Living, this course really supports people in moving their health in the right direction. Learning in a supportive, small group setting is very productive and a lot of fun.

*\* The weekly cooking demos, recipes, and food tastings are a highlight!*



phone 306 373 5209

#3 1810 8th Street,

Saskatoon, SK S7H 0T6

truepotentialhealth.com

# Healthy Living | 101

A 10 week course in healthy living.

This is an excellent opportunity for all you health enthusiasts to learn everything you ever wanted to know about healthy living! For 10 weeks, I will be facilitating our sessions with great enthusiasm and bringing delicious whole food snacks for nourishment and inspiration. We will learn together, eat together, and incorporate practical lifestyle changes. This program will benefit you in all areas of health: energy, weight, mood, sleep will all benefit from the knowledge you will gain in this course.

## Week 1 Let's get Started (Eating!)

Our first session starts with a discussion of "resetting your metabolism" for optimal health. Each participant will have the opportunity to receive a BIA analysis (cost included in course fees) which will give information on the body's current composition of tissue mass (lean muscle, fat), state of hydration and level of toxicity. We will discuss what changes need to be made to improve your values.

## Week 2 Boost your Energy with Superfoods!

Our second session will be a discussion of "Dr Ahenakew's approved list of superfoods". We will break down what puts a food into this prestigious category, as well as how to incorporate the foods into your daily diet.

## Week 3 Wheat-belly?

In week 3, we will look at several popular diets. Is gluten free the secret to optimal health? Is a paleo diet the way we're meant to eat? Which grains are the healthiest? We will also discuss the concept of food sensitivities: how they are different from food allergies and how to determine if you have a food sensitivity.

## Week 4 The Power of Protein

Protein is an extremely important part of everyone's diet. It is the building block for a healthy immune system and is vital to maintaining stable blood sugar levels. We will discuss how much protein you actually need, and the best clean sources of protein.

## Week 5 Good Fats Bad Fats

Fats do not make you fat! They are essential for hormone production, and can boost our brain power and metabolism. This week we will discuss what the healthiest oils are for frying, baking, spreading and salad dressings.

## Week 6 Immune System Boost

We will discuss the impact that food has on our immune system. And we'll review the best ways to prevent a cold or flu with diet and naturopathic medicines. And since 70% of your immune system is in your intestines, we'll be talking about how to optimize the health of our digestive system.

## Week 7 Do I need a Detox?

The answer is yes! And we will explore why, discussing the greatest sources of toxicity that we encounter on a daily basis and how to minimize their effects. We will discuss some different approaches to detoxing and the benefits to each.

## Week 8 Thyroid – Optimal Function for Optimal Metabolism

There is a lot of well-deserved buzz about suboptimal functioning of the thyroid gland, and the impact this has on energy and weight. We will discuss this condition, why it is so prevalent and natural treatment options.

## Week 9 Stress and Adrenal Fatigue

The adrenal glands are our stress glands and are often worked overtime. Fatigue, anxiousness, irritability, high blood pressure, PMS, acne are all symptoms of the adrenal glands not functioning optimally. We will discuss how to diagnosis if you would benefit from some adrenal support and what to do to optimize your energy, focus and sense of calm. We will also reveal the secrets to a good night's sleep.

## Week 10 Wrap Up Celebration

This week we will celebrate your new-found empowerment in all the knowledge you've gained to help yourself and your whole family. We will do a course review and enjoy some of my favourite recipes.

we treat the cause