



**Tuesdays**

**September 13  
November 29, 2016**

No class October 4 & 11

**7:30 – 9:00 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

truelpotentialhealth.com

# Healthy Living | 201

A 10 week course in healthy living.

Attention all graduates of "Healthy Living 101" and any advanced health enthusiasts! The "Healthy Living 201" 10 week course is your opportunity to learn even more about healthy living AND will be the next step in helping you incorporate lifestyle changes that you have been wanting to make. I'll be bringing my enthusiasm for healthy living and also delicious whole food snacks for nourishment and inspiration. Take your health to the next level – you deserve it! Healthy Living 101 is not a prerequisite for Healthy Living 201.

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

Our first session starts with a recap of everything we learned in Healthy Living 101. We will enjoy this review while noshing on some unique appetizers.

## Week 2 Boost your Energy with Superfoods - Level 2!

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. If you haven't joined in on the bulletproof coffee craze, today will be your chance to give it a try.

## Week 3 Healthy Traditions

In 101, we were introduced to some nourishing traditions - sprouted grains, fermented dairy and bone broths. This session, we will expand our knowledge of nourishing dietary traditions and have a lot of fun actually breaking down how these foods can be made at home.

## Week 4 Eat the Yolks!

This session, we will discuss why many of the foods that we have been told to fear are the foods that we really need! We will investigate the short-comings of pre-packed health foods and the merits of whole food eating.

## Week 5 Nutrient Deficiencies

In this session we will discuss nutrient deficiencies... how to diagnose if you are not getting enough of any particular vitamin or mineral in your diet and what to eat to correct this.

## Week 6 Naturopathic First Aid

This class we will be learning about effective natural treatments for common acute health concerns. We'll learn how to make a first aid kit of homeopathic remedies, herbal medicine and essential oils to prepare you for your next cold, scrape, twisted ankle, sunburn or traveller's diarrhea.

## Week 7 Delicious Detox

Have you done a detox lately? Well, you are about to! We will review what we learned about detoxing in Healthy Living 101 and review a plan for a simple 5 day detox that will leave you feeling clean and lean!

## Week 8 Inflammation Control

Inflammation is a major contributor to chronic disease. We'll discuss how to manage inflammation using diet & lifestyle.

## Week 9 Making it Happen - 10 tricks!

We are dedicating session 8 to a discussion of tips and tricks for incorporating the concepts you have learned into your life. Today will be a workshop of sharing ideas and I'll be bringing my 10 bests tricks from my own busy home!

## Week 10 Wrap Up Celebration

This week we will celebrate your heightened empowerment due to all the knowledge you've gained and new habits you've created. We will do a course review and enjoy some of my favourite recipes.

we treat the cause