

Healthy Living | 101

1 DAY CRASH COURSE

This is an excellent opportunity for health enthusiasts to spend an information-packed, fun day learning about healthy living. The goal is to have you finish the course feeling more empowered about the dietary and lifestyles choices that you make everyday for yourself and your family. You will also leave with lots of easy and implementable lifestyle ideas – and my Healthy Living Recipe Book!

Sunday Jan. 14th, 2018

9:00 – 4:00 pm

Cost: \$185

(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 for over 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 cooking demos, food tastings and recipes are a highlight!*

Dr Ahenakew's
video introduction
<https://www.youtube.com/watch?v=EEiGnE-HFK4&feature=youtu.be>



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9:00 am Boost Your Energy with Superfoods!

The day will start with a discussion of Dr Ahenakew's list of approved 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. This is your chance to try turmeric tea, maca and a superfood trail mix.

9:45 am Macronutrient Madness

This segment, we will un-puzzle how much protein, fats and carbs you actually need. We will also discuss why each of these macro-nutrients is important, and what sources are most beneficial of each.

10:30 am Nutrition Break

It's time to try some of my healthiest baking and bulletproof beverages.

11:00 am Food Intolerances – How to Tell?

If you ever considered that you might have a food intolerance (due to IBS, migraines, anxiety...)? We will discuss the different ways to identify what foods might be creating inflammation or hormonal imbalance in your body.

11:30 am Immune System Boost

We'll talk about how to support the health of the immune system using diet and herbs. We'll look at some effective tools for quickly fighting off a respiratory infection. And since 70% of your immune system is in your intestines, we'll talk about support the health of our digestive tract.

12:15pm FANTASTIC LUNCH BUFFET

This is your opportunity to try out several of Dr Ahenakew's fantastic (and easy) recipes. There will be soups, salads, entrees and desserts! All food restrictions will be catered to. There will be some "cooking demos" as lunchtime entertainment! As always, there's bound to be lots of sharing of ideas from everyone's own kitchens.

1:00 pm Do I Need a Detox?

The answer is yes! And we will explore why. We will also discuss some different approaches to detoxing and benefits to each.

1:45 pm Stress and Adrenal Fatigue

The adrenal glands are our stress glands and are often worked overtime. Fatigue, anxiety, irritability, high blood pressure, PMS, acne are all symptoms of the adrenal glands not functioning optimally. We will discuss how to identify if you would benefit from some adrenal support and what you can do to optimize your energy, focus and sense of calm.

2:30 pm Mindfulness Break

Everyone will have their choice of several mindfulness activities for this rejuvenating breakout. And the refreshments will be energy boosting snacks.

3:00 pm Thyroid – Optimal Functioning

There is a lot of well deserved buzz about optimal functioning of the thyroid gland and the impact that it has on energy and weight. We will discuss diagnosing techniques and natural treatment options.

3:45 pm Course Summary

We'll wrap up our day together by reviewing the key concepts that we have learned. We will also take time to identify which specific simple strategies each individual will take home with them to implement for immediate health benefits.