

Clarian West Integrative Care Center
presents...

Healthy Cooking Class

...With Jodi Smith

Thursday,
January 15th

6:30pm ~ 8:00pm

Clarian West Medical Center

in the

Integrative Care Center
Classroom (B1500)

Clarian Employee:
\$10

Individual:
\$15

Family:
\$25

**To register:
Call 217-3675**

*Payment can be made by cash,
check or credit card
Space is limited, so call for your
reservation today.*



Food Generously Donated by



Eating with Allergies

Food allergies can be at the root of many symptoms you might not associate with what you've eaten, such as; headaches, blood pressure changes, feelings of fullness long after eating, eczema, panic attacks, depression and more. This class will give you information about eating a diet that avoids the most common allergens. Even if you don't have allergies, you'll enjoy delicious foods that are good choices to add to your repertoire of recipes.

If you are struggling to learn how to eat with multiple food allergies this is the class for you. All recipes will be gluten-free and dairy-free. We will discuss the elimination diet and the rotation diet. We will discuss how to do this diet with children. We will try some recipes and learn how to change your own recipes. Learn lots of tricks to make rotation easier. Children are welcome as long as they can handle a 1 1/2 hour class. You will receive recipes, help sheets and lots of practical information.

Jodi is a practicing Nutritional Consultant. She has been teaching and training people in practical nutrition for over 30 years. She is the former food editor of the Saturday Evening Post. She served on Dr. Crook's national board for 15 years as well as contributing to the books Yeast Connection and the Woman and Tired - So Tired and the Yeast Connection. She lives in Brownsburg with her family where they farm organically.

Plan to attend all our upcoming cooking classes where you'll learn fascinating facts and practical recipes and tips to improve your health and that of your family for years to come.

January 29th

