

Clarian West Integrative Care Center
presents...

Healthy Cooking Class

...With Jodi Smith

Thursday,
January 29th

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.*



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Yeast and More

What are yeast overgrowth and dysbiosis; are these real conditions or not? Yeast and many types of bacteria are a part of our body's normal flora which can get out of balance when one or more components are destroyed (typically by antibiotics) or when our immune function is impaired (due to stress or illness). An imbalance in the body's normal flora can lead to overgrowth of yeast or bacteria which can affect any part of your body and may contribute to a host of conditions like fatigue, IBS, depression, confusion and autoimmune problems. Come find out how to deal with yeast overgrowth and bacterial imbalance through eating a diet that is yeast free and encourages the growth of healthy bacteria. You will taste some delicious foods and receive lots of written information. Meet others searching for the information and build some good support systems. There will be plenty of time for questions with Jodi and Dr. Sobat.

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.

February 19th March 19th

April 16th May 21st

