

## Eat to Thrive Fall 2020 Syllabus

### On Zoom

Thursdays, September 24 – December 3, 2020 6:00 pm – 8:00 pm

(Speakers subject to change)

FREE Introduction Thursday, September 10 7:00 -8:00:00 pm, 2020

- Smoothie
- More (tbd)

**Do Before Week One:** Watch DVDs – *Principles of Health, Eating & pH Miracle*

**Read:** Chapter 1 of Eat to Thrive and Ann Wigmore's biography – *Why Suffer?*

#### Week One: Thursday, September 24 – Overview

- Recipe presentations and dinner
- Introductions
- Overview of Course
- HW: Read Chapter 2 & Watch DVDs – 2 *Food Combining DVDs* & Sugar CD

#### Week Two: Thursday, October 1– Rebounding –Importance of Exercise, Food Combining and Water

Co-hosted by Joanne Schmalenberger, Gravoxy owner & fitness instructor

- Rebounding at Gravoxy, 17 South Street, Natick, MA
- Recipe presentations
- Speakers: Leslie Barnett on Food Combining
- HW: Read Chapter 3, Wheatgrass and Notes on Growing Your Own Food; Watch DVDs – *Growing Your Own Food; Overcoming the Food Imprint; optional Fat, Sick and Nearly Dead*

#### Week Three: Thursday, October 8 – Indoor Sprouting for Fun and Nutrition

- Recipe presentations
- Guest Speakers: Randy Jacobs, Founder and Director of Life Force Growers & Rebecca Matsil, Perfect Food
- HW: Read Chapter 4, Juice recipes and watch DVDs *Fasting & Internal Awareness*

#### Week Four: Thursday, October 15– Fasting and Internal Awareness

- Recipe presentations
- Guest speakers:
  - Dr. Sailaja Reddy, Functional Medicine Internist, on how the food you eat can heal or help your gut identifying the role of GI Tract and recognizing how impairment may lead to systemic dysfunction.
  - Dory Croft, colonic therapist speaks on fasting, enemas and colonics
- HW: Read Chapter 5; DVDs *Detox* and *Making a Killing*

#### Week Five: Thursday, October 22 – Cleansing

- Recipe presentations
- Guest Speaker: Tom Lindsley
- Preparations: Fermenting presentations of Veggie Kraut for your natural probiotics
- HW: Read Chapter 6; Watch 2 different DVDs on *Supplements* and *Genetic Roulette; Cowspiracy*

#### Week Six: Thursday, October 29, - Getting Support from the Healing Community

- Recipe presentations
- Guest Speaker: Leslie Barnett: Reclaiming Your Radiance, The Physics of Feeling Your Best
- HW: Read Chapter 7; Watch *Healing Cancer, Cancer, the Forbidden Cure, and Simply Raw*

**Week Seven: Thursday, November 5, – Revealing the Ancient Wisdom of Keeping Healthy & Supplements and Enzymes**

- Recipe presentations
- Guest Speaker: Jonathan Fang: Revealing the Ancient Wisdom of Keeping Healthy
- HW: Read Chapter 8, Watch DVDs *Living Matrix & Ancient and Current Self-Help Techniques*

**Week Eight: Thursday, November 12, – Mind-Body Connection to Life Force Energy & the Life Within**

- Recipe presentations
- Guest Speaker: Joe Lucier –Mind-Body Connection, Bio-Electricity, Life Force Energy & the Life Within  
HW: Read Chapter 9; Watch DVDs *Practical Living & Bringing It All Home*

**Week Nine: — Thursday, November 19, - Bringing It All Home**

- Recipe presentations
- Guest Speaker: Karen Regnante, How to stick to Hippocrates lifestyle with life changing
- HW: Read Chapters 10 – 15; Watch DVDs *Beyond Raw & Processed People*

**No class November 26 (Thanksgiving)**

**Week Ten: - Thursday, December 3 – Graduation, Awards, Banquet & What's Next**

- Recipe presentations
- Guest Speaker: Fernanda Delgado, Cancer Survivor
- Graduation Ceremony