

Eat to Thrive: Week 10

August 27, 2020

How to Live the Hippocrates Lifestyle and Manifest Your Greatest Destiny... *Especially in these challenging times*

Link to Eat to Thrive Class on Zoom

<https://us02web.zoom.us/j/85765465715?pwd=Rzc1N1M5eFYyQ3lmbURIU3ZoZzlhQT09>

6:00 - 6:05 pm Centering led by Ben Frisch

6:05 - 7:00 pm Food Presentations

Salad: Asian Coleslaw p. 297 by Jessica Lauv
Entrée: Raw Pad Thai p.305 by Nancy Sharpe
Dessert: Truffles RKRF p. 54 by Lindsay Shi

7:00 – 7:45 pm Lecture and Workshop by Karen Regnante

7:45 - 8:15 pm Exercise 1: Develop Your Own Plan for Success and Discussion

8:15 - 8:45 pm Exercise 2: Meditation to Connect to Your Heart and the Divine

8:45 - 9:00 pm Q&A



Karen Regnante will teach you how to “Bring it All Home”...how to live the Hippocrates Lifestyle and manifest your greatest life regardless of what the world throws your way, including a pandemic.

Karen healed her body and transformed her life overcoming corporate burnout, chronic fatigue, 18 years of chronic lyme and also cancer. She attributes her healing to being able to deeply connect, hear and follow Divine guidance and Divine love. One of the messages she kept getting during the lyme was to go to Hippocrates Health Institute (HHI). She went against the advice of her allopathic doctors and alternative practitioners- they all thought she was too weak to undergo a serious detox. Fortunately, she listened and took action on her Divine guidance for Hippocrates was the major turning point in her road to healing.

Karen has gone through many transitions and levels of healing since going to Hippocrates in 2008 and living the HHI Lifestyle. She has been to the Institute four times and her pursuit of healing has led to deeply studying emotional and spiritual healing and soul work. She is a graduate of Denise Linn's Soul Coaching Program, The New England School of Feng Shui, Young Living's Essential Oils Program and is Reiki II certified. For the last 10 years she has formally studied with Master Spiritual Healer Dr. Ibrahim Jaffe (founder of the Institute of Spiritual Healing) and has also studied with the Dali Lama. Since 2000, she has been studying with master healers in the areas of feng shui, energy healing, meditation, medical qigong and spirituality.

Prior to this, Karen has 20 years of business experience helping companies like Apple, KPMG Consulting, Raytheon and Digital as well as start-ups achieve landmark goals and become leaders in a new market.

She is a Transitional Spiritual/Life Coach that helps professional women be open, resilient and consistently move forward with their lives after a defining life event and during times of change. Her unique ability is to get to the heart of the matter ("see" the truth in a situation and get to the root of it) and develop the most effective way to move forward for success.

In doing so, Karen helps her clients:

- Discover the quickest way to heal,
- Move through and resolve a major, often longstanding, issue,
- Accomplish a major goal - personally or professionally,
- Create true meaning in their life, and
- Operate at a higher level of vibration so they discover and achieve their deepest desires, live their most authentic and fulfilled life and experience more certainty, confidence, grace and ease.

She is delighted to be with you this evening and share how to make this real in your life.

Attached:

Karen's Worksheet