

Eat to Thrive

2024 Spring Syllabus

February 8 – April 25

**IN PERSON or ZOOM 5:30pm-6pm (Recipe Presentation
@Betsy's House)**

ZOOM 6:30 – 8:30 pm EST

(Speakers subject to change)

FREE Introduction: Thursday, February 8, 6:30-7:30PM EST ([2 weeks to market/enroll students](#))

In preparation for Week One, Read Chapter 1 – Overview

Week One: Thursday, February 22– Overview

- Meditation – tba
- Recipe presentations –Wheatgrass Juice, Morning Drink & Quinoa Porridge Clint Norton
- Introductions
- Overview of Course
- HW: Read Chapter 2 - "The Living Food Kitchen"; Watch videos *Healing Cancer*, *Cancer, the Forbidden Cure*, and *Simply Raw*

Week Two: Thursday, February 29– Cancer is Not a Disease Panel

- Meditation and Recipe presentation – Sprout Salad – Nancy Antonucci
- Guest Speakers: Fernanda Delgado, Bill Antonucci, Nancy Antonucci, John Dunlevy, Lena Winston, Frezzia, Peter Cutler, Cheryl Gilbert and Irene Bremis
- HW: Read Chapter 3 - Indoor Sprouting, Wheatgrass and Notes on Growing Your Own Food. Watch video – *Growing Your Own Food*

Week Three: Thursday, March 7- Indoor Sprouting for Fun and Nutrition

- Meditation – Randy Jacobs
- Recipe Presentation - Juicing
- Guest Speakers: Randy Jacobs, Founder, and Director of Life Force Growers <https://www.lifeforcegrowers.com/> & Rebecca Matsil, Perfect Food <https://www.800wheatgrass.com/>
- HW: Read Chapter 4 - Internal Awareness – Fasting; Watch Videos: *Fasting & Internal Awareness*

Week Four: Thursday, March 14 – Cleansing, Detoxing, Fasting and Internal Awareness

- Meditation – Randy Jacobs
- Recipe presentation – Sushi – Julia Cervantes
- Guest Speaker: Joe Lucier – How can fasting and cleansing improve your life?
- HW: Read Chapter 5 - “Cleansing”; Watch video’s *Detox* and *Making a Killing*

Week Five: Thursday, March 21- Cleansing

- Meditation – Valerica Stanca
- Recipe Presentation – Eggless Egg Salad Sandwich – Lena Winston
- Guest speaker: Tom Lindsley – Cleansing
- HW: Read Chapter 7 - Enzymes & Vitamins; Watch 2 videos on *Food Combining* & listen to Sugar CD

Week Six: Thursday, March 28- Cellular Health through Rebounding & Slenghtening Technique and The Physics of Feeling Your Best”

- Meditation led by Peter Cutler

- Guest Speakers: Joanne Schmalenberger of Gravoxy on **“Cellular Health through Rebounding & Slenghtening Technique (Stretch without Pain)”** <https://gravoxy.com> & <https://beyondfitness.net> and Leslie Barnett of Reclaiming your Radiance on **“The Physics of Feeling Your Best”** <https://www.barnettwellnessconsulting.com/>
- HW: Watch 2 different DVDs on *Supplements* and *Genetic Roulette; Cowspiracy*

Week Seven: Thursday, April 4– Getting support from the Healing Community

- Meditation led by Lena Winston
- Fermenting presentations of Veggie Kraut for your natural probiotics – Boo Bofo
- Guest Speaker: Lena Winston on “Using Meditation Tools to Build Resiliency”
- HW: Read Chapter 8 – “Holistic Medicine”; Watch videos *Living Matrix & Ancient and Current Self-Help Techniques*

Week Eight: Thursday, April 11 – Mind-Body Connection to Life Force Energy & the Life Within

- Meditation and Recipe presentation – Corn and Sweet Potato Chowder by Nancy Antonucci
- Guest Speaker: Joe Lucier – Mind-Body Connection, Bioelectricity, Live Force Energy & the Life Within <https://anuserawellness.com/>
- HW: Listen to Sugar CD; Watch videos: *Overcoming the Food Imprint; optional Fat, Sick, and Nearly Dead*

Week Nine: Thursday, April 18– Revealing the Ancient Wisdom of Keeping Healthy

- Meditation - Lovelle Seymore
- Guest Speaker: Anson Rathbone: Revealing the Ancient Wisdom of Keeping Healthy <http://www.inhandacupuncture.com/>
- HW: Read Chapter 9; “Master Your Destiny” Watch videos *Practical Living & Bringing It All Home*; write testimonial

Week Ten: Thursday, April 25– Graduation, Awards, Banquet & What’s Next?

- Meditation – Theresa Drum
- Home-made Beauty Remedies 15 min Ted Ely
- Testimonials
- Guest Speaker: Theresa Drum - **How to Live the Hippocrates Lifestyle and Manifest Your Greatest Destiny...Especially in these challenging times**