

Eat to Thrive Winter-Spring Syllabus

January 29 – April 2, 2026
Zoom · 7:15 – 9:15 PM EST
(*Speakers subject to change*)

In preparation for Week One

Read Chapter 1 – Overview

Week One – January 29,

Overview

- Meditation: Lovelle Seymore
 - Recipe Presentations: Wheatgrass Juice, Morning Drink & Quinoa Porridge – Clint Norton recording
 - Introductions & Overview of Course
 - Homework: Read Chapter 2 – *The Living Food Kitchen*; Watch videos *Healing Cancer*, *Cancer*, *The Forbidden Cure*
-

Week Two – February 5,

Cancer Is Not a Disease – Panel

- Meditation & Recipe Presentation: Sprout Salad – Nancy Antonucci
- Guest Speakers: Fernanda Delgado, Frezzia, Peter Cutler, and Irene Bremis

- Homework: Read Chapter 3 – Indoor Sprouting, Wheatgrass & Growing Your Own Food; Watch videos *Growing Your Own Food*, *Forbidden Cure*, *Simply Raw*
-

Week Three – February 12,

Indoor Sprouting for Fun and Nutrition

- Meditation: Randy Jacobs
 - Recipe Presentation: Juicing
 - Guest Speakers:
 - Randy Jacobs, Life Force Growers — <https://www.lifeforcegrowers.com/>
 - Rebecca Matsil, Perfect Food — <https://www.800wheatgrass.com/>
 - Homework: Read Chapter 4 – *Internal Awareness: Fasting*; Watch videos on Fasting & Internal Awareness
-

Week Four – February 19,

Cleansing, Detoxing, Fasting & Internal Awareness

- Meditation: Randy Jacobs
 - Recipe Presentation: Sushi – Julia Cervantes
 - Guest Speaker: Joe Lucier – *How Fasting and Cleansing Improve Your Life*
 - Homework: Read Chapter 5 – *Cleansing*; Watch videos *Detox* and *Making a Killing*
-

Week Five – February 26,

Cleansing

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

Week Six – March 5

The Physics of Feeling Your Best

Cellular Health, Rebounding & Strengthening Technique

- Guest Speaker: Leslie Barnett, Reclaiming Your Radiance — *The Physics of Feeling Your Best*
<https://www.barnettwellnessconsulting.com/>

- Guest Speaker: Bo Boafo,



- Homework: Watch videos on Supplements, *Genetic Roulette*, and *Cowspiracy*

Week Seven – March 12,

Getting Support from the Healing Community

- Meditation: Lena Winston
- Fermenting Presentation: Veggie Kraut for Natural Probiotics – Boo Boaf0
- Guest Speaker: Lena Winston – *Using Meditation Tools to Build Resiliency*
- Homework: Read Chapter 8 – *Holistic Medicine*; Watch *Living Matrix & Ancient and Current Self-Help Techniques*

Week Eight – March 19,

Mind-Body Connection to Life Force Energy & the Life Within

- Meditation & Recipe Presentation: Corn & Sweet Potato Chowder – Nancy Antonucci
- Guest Speaker: Joe Lucier — *Mind-Body Connection, Bioelectricity & Life Force Energy*
<https://anusarawellness.com/>
- Homework: Listen to Sugar CD; Watch videos: *Overcoming the Food Imprint* (optional: *Fat, Sick & Nearly Dead*)

Week Nine – March 26,

Revealing the Ancient Wisdom of Keeping Healthy

- Meditation: Lovelle Seymore
- Guest Speaker: Jonathan Fang — *Revealing the Ancient Wisdom of Keeping Healthy*
<http://www.inhandacupuncture.com/>

- Homework: Read Chapter 9 – *Master Your Destiny*; Watch *Practical Living & Bringing It All Home*; Write testimonials
-

Week Ten – April 2,

Graduation, Awards, Banquet & What's Next?

- Meditation: Theresa Drum
 - Testimonials
 - Guest Speaker: Theresa Drum — *How to Live the Hippocrates Lifestyle and Manifest Your Greatest Destiny*
-