

Eat to Thrive

2026 Fall Syllabus

September 17 – November 19, 2026

ZOOM 6:30 – 8:30 PM EST

(Speakers subject to change)

FREE Introduction: Thursday, **September 3, 2026**, 6:30–7:30 PM EST

In preparation for Week One: Read Chapter 1 – Overview

Week One: Thursday, September 17 – Overview

- Meditation – Peter Cutler
 - 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
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Week Two: Thursday, September 24 – 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, Irene Bremis
 - HW: Read Chapter 3 – Indoor Sprouting, Wheatgrass, and Notes on Growing Your Own Food; Watch Growing Your Own Food, Forbidden Cure, Simply Raw
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Week Three: Thursday, October 1 – Indoor Sprouting for Fun and Nutrition

- Meditation – Randy Jacobs
 - Recipe Presentation – Juicing
 - Guest Speakers: Randy Jacobs & Rebecca Matsil
 - HW: Read Chapter 4 – Internal Awareness – Fasting; Watch Fasting & Internal Awareness
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Week Four: Thursday, October 8 – Cleansing, Detoxing, Fasting and Internal Awareness

- Meditation –
 - Recipe presentation – Raw Sunflower Seed Pate
 - Guest Speaker: Joe Lucier – How can fasting and cleansing improve your life?
 - HW: Read Chapter 5 – “Cleansing”; Watch Detox and Making a Killing
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Week Five: Thursday, October 15 – Tools for When You Feel Overwhelmed

- Meditation – Boo Boaf0
 - Recipe Presentation – Asian Coleslaw
 - Guest speaker: Boo Boaf0 - Tools for When You Feel Overwhelmed
 - HW: Read Chapter 7 – Enzymes & Vitamins; Watch Food Combining; listen to Sugar CD
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Week Six: Thursday, October 22 – The Physics of Feeling Your Best

- Meditation – Leslie Barnett
 - Recipe Presentation – Nori Rolls
 - Guest speaker: Leslie Barnett - The Physics of Feeling Your Best
 - HW: Watch Supplements, Genetic Roulette, Cowspiracy
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Week Seven: Thursday, October 29 – Getting Support from the Healing Community

- Meditation – Lena Winston
 - Recipe Presentation – Fermented Veggie Kraut
 - Guest Speaker: Lena Winston – Using Meditation Tools to Build Resiliency
 - HW: Read Chapter 8 – Holistic Medicine; Watch Living Matrix & Self-Help Techniques
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Week Eight: Thursday, November 5 – Mind-Body Connection to Life Force Energy

- Meditation – Joe Lucier
- Recipe Presentation – Corn & Sweet Potato Chowder
- Guest Speaker: Joe Lucier – Mind-Body Connection & Life Force Energy

- HW: Listen to Sugar CD; Watch Overcoming the Food Imprint; optional Fat, Sick & Nearly Dead
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Week Nine: Thursday, November 12 – Revealing the Ancient Wisdom of Keeping Healthy

- Meditation
 - Recipe Presentation – Sunburst Salad and Dressing
 - Guest Speaker: Jonathan Fang
 - HW: Read Chapter 9 – Master Your Destiny; Watch Practical Living & Bringing It All Home; write testimonials
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Week Ten: Thursday, November 19 – Graduation, Awards, Banquet & What's Next?

- Meditation – Theresa Drum
- Recipe presentation – Zoodles with Marinara Sauce
- Testimonials
- Guest Speaker: Theresa Drum - Living the Hippocrates Lifestyle