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**1. 5 Most Common Food Allergies and Sensitivities**

*Food sensitivities! What they are, symptoms of them, why we all have 'em these days, and how to get rid of them....hint, genetic modification is the common link to ALL 5 of the most common sensitivities.*

**2. 5 Ways to Feel Fuller Longer**

*Our brains can often times make us think we're hungry when in reality we're just bored, tired, dehydrated, or under-exercised. It doesn't have to be that way though, when we feel fuller longer, we are able to lose weight while balancing energy levels and our hormones.*

**3. 8 Food Myths You Must Know About**

*There are so many food myths out there these days, find out which ones you really need to know about that could completely turn your health around!*

**4. 12 Spices that Belong in the Medicine Cabinet**

*We look at OTC drugs as safe because they were not prescribed. However, OTC drugs can thin the lining of the gut and add a burden to the liver or kidneys. Learn how to look within your own kitchen to find all you need to calm, soothe, and relax whatever minor ailments may arise.*

**5. ABC's of Vitamins**

*In today's mineral-deficient, stress-filled times, we are constantly dealing with a combination of excess and deficiency. With a few simple, food-based supplements, we can maintain our moods, energy levels, and digestive/immune health.*

**6. Adrenal Fatigue: The 21<sup>st</sup> Century Stress Syndrome**

*Up to 80% of the American population experiences chronic exhaustion in the form of adrenal fatigue throughout their lives. The adrenals are singlehandedly responsible for our get-up-and-go and sense of vitality. Learn how to boost your energy levels naturally.*

**7. A Non-Depriving Way to Kick Your Cravings For Good**

*Want something sweet, salty, crunchy? Find out how you can satisfy your cravings without blowing your diet or causing nutrient deficiencies and how you can actually kick your cravings by giving your body 'truly' what it needs.*

**8. Autoimmunity and Creating Your Own Version of Paleo**

*One of the most successful diets for treating autoimmunity is the Paleo Diet, learn why it works so well if it's for you, and how to customize it to meet your unique needs.*

**9. Are your Personal Care Products Making You Sick**

*There are many toxic ingredients in what we put on our bodies each day, and over time they can add up and put an excessive burden on our biochemistry. This is a dangerous game that can lead to infertility, cancer, and early puberty.*

**10. Beat Cellulite Naturally**

*We get cellulite because of compromised connective tissue or unhealthy fat cells. Learn food-based, natural ways to correct both problem and always ways to boost the health of your skin from the inside out.*

**11. Beat the Bloat**

*Some foods that are healthy actually cause bloating. Learn why and what to do to avoid it.*

**12. Best Self**

*My top 10 tips of all time to living your most vibrant and healthy life and learning how to safeguard your vitality while living a world that often stretches us well beyond our natural capacity.*

**13. Brain Power**

*87% to 95% of illnesses that plague us today are a direct result of our thought life. What we think about as well as the health of our brain affects us physically and emotionally and will either make or break our fitness goals.*

**14. Chronic Digestive Discomfort**

*One-fifth of Americans suffer from chronic digestive discomfort - most of which is unnecessary. Follow a few of our simple tips to start feeling better right away!*

**15. Clean Eating: What that actually Means and How to Do it**

*It is so important to spread the word about what clean eating actually means Knowledge is power and as people vote with their dollars, our food supply will improve, and subsequently so will our collective health and happiness*

**16. Coffee and Tea - Everything You Need To Know**

*Are they good for you, are they bad, and what is the best way to drink them? Here's a tip, neither is actually 'bad' for you, but it is important how you drink them and when you choose to have them.*

**17. De-Stress Express Workshop and 14-Day Challenge**

*Stress and burn-out are more common than ever in today's world and our health is paying a significant price for this. Learn 14 tried-and-true ways to manage your stress, so you can get on the path to living a healthy and balanced life.*

**18. Detox Baths that Refresh the Nervous System**

*We all sometimes need a "spa hour" for ourselves to regroup and cope with life's travails. Baths are an amazing, inexpensive way to get a reset that's good for your body, mind, and spirit.*

**19. Do-it-Yourself at Home Tests Everyone Should Know About**

*There are simple DIY tests that are just as effective as going to the doctor and that everyone can do at home to test their thyroid, their pH levels, food sensitivities, adrenal fatigue, and even candida. Learn what they are, how to do them, and what to do if you need to dig further.*

**20. Easy Ways to Make Junk Food Healthier**

*We all love junk food, but junk food does NOT love our bodies back! Learn how to upgrade some of the most common 'junk food' items to foods that will not only satisfy you, but give you the minerals and nutrients your body needs.*

**21. Eat Better + Move More = Perform Better**

*Learn about what we call the 'vicious cycle' and how to reverse it with tips that will help you get better sleep at night, more movement during the day and learn how to fit healthy eating into every busy schedule so that you can have the energy you need to live the life you want!*

**22. Eating Out Without Blowing your Diet**

*When you're trying to eat healthy, going out to eat can cause a lot of anxiety for some. It doesn't have to though! Learn about the rule of 80/20 and how to go out to eat without blowing your diet.*

**23. Fall Foods to Boost Your Health**

*Did you know that steady blood sugar levels are the only thing that people who live to 100 have in common? In this lecture you'll learn how to get slow carbohydrates into your diet and other benefits of healing fall foods and spices.*

**24. Fascinating Super Foods**

*Learn about some of our favorite and most powerful super foods around. Here's a hint; one vegetable provides double the fiber of white potatoes, while another vegetable can cut your sugar cravings, support healthy arteries and help you avoid the afternoon crash!*

**25. Foods that Boost Happiness**

*There is an inextricable link between digestive health and mental health. We produce over 80% of serotonin (our feel good neurotransmitter) in our guts. Find out what foods contribute to gut health, thereby making you happy and calm.*

**26. Greens: The Fastest Way to Feel Better**

*Leafy greens are the food most missing in the modern American diet and the most effective for vitamin and mineral delivery, detoxification and so many other health-promoting functions. Learn about some of our favorite greens and find new ways to work them into your daily regimen.*

**27. Gluten Sensitivity and Celiac Disease. How to Diagnose and Treat**

*Gluten sensitivity is a silent epidemic affecting 7 out of 10 Americans, consequently causing a host of unnecessary skin, digestive and autoimmune issues. Celiac Disease is much worse as it is a scarring of the intestines that leads to malabsorption of nutrients and affects 1 in 100.*

**28. Healthy Cookware Options**

*The kind of cookware you use can be as important as the food you put in it! In this lectures we talk about which ones to use and which ones to replace.*

**29. How to Stock a Healthy Kitchen Without Breaking the Bank**

*The biggest lament of healthy eating is often the cost. Fresh, organic, unprocessed, non-chemicalized food that supports your body and your health does not have to break the bank. Learn some tips and tricks for saving money at the health food store.*

**30. How to Hack Your Hashimoto's and Heal Your Thyroid**

*Every one of us has a thyroid we need to take care of – it is the make it or break it gland regarding how we feel and operate on a day-to-day basis.*

**31. Healthy Food Imposters**

*There are plenty of foods we see all over the health food store that are NOT healthy - goodbye canola oil, soybean oil, soy protein concentrate, maltodextrin, cane juice.... there are so many great, healthy alternatives.*

**32. Healthy Meal Prep for Busy People**

*"I don't have the time." Sound familiar? We hear this constantly when it comes to why people say they just can't eat healthy. And in our book, it's a fairly legitimate reason, eating healthy does take a little planning and we'll show you how!*

**33. How Eating the Right Foods Can Help You Lower Your Stress**

*The food you eat absolutely has an effect on how well your body responds to stress. Cortisol and adrenalin are our two stress hormones and if you learn how to feed them and keep them happy, it can completely change the way you deal with stress.*

**34. How Foods Affect Your Moods & What You Can Do About It**

*Understanding how foods affect your mood is an important topic. So often we subconsciously reach for foods like sugar and, caffeine to make our bodies feel a certain way, but when that food wears off, we crash! Learn what healthy alternatives will keep you balanced all day.*

**35. How GMO's Impact our Health**

*So what exactly are GMO's and what foods are they found in? You might not know how harmful they really are or realize how many foods they are found in. It's imperative that we become informed consumers because GMO's do have an enormous impact on our health!*

**36. How Healthy Fats and Oils Can CHANGE Your Health**

*You can find so many different oils at the super market these days. Learn which ones to cook with, which ones to use as topical oils and which ones to avoid! It can change your health!*

**37. How the Farm to Table Phenomenon Will Help with Adrenal Fatigue**

*More and more people are taking their own wellness into their hands by eating cleaner, more local, and fresh, organic ingredients. Learn how to incorporate the right kinds of "farm to table" foods into your diet to help support your adrenals in today's stressful, fast-paced times.*

**38. How to Eat for Your Blood Type**

*There are many dietary theories out there, and one of them is "Eat Right for Your Blood Type" by Dr. Peter D'Adamo. In this lecture we'll address every blood type and talk about how you can use this information to determine appropriate types and amounts of protein for your body.*

**39. Is Organic Really Better**

*A Stanford study recently came out about how organic foods were no more nutritious than conventional foods. What most people don't understand is it's NOT about the nutrients, it's about the pesticides and how those adversely affect health way beyond what we might realize.*

**40. Love Your Liver**

*Our liver is responsible for over 500 functions within the body so we absolutely have to take good care of it! It can not only define our quality of life and hormonal balance but it can even define how long we will live.*

**41. Master the Art of Sleeping**

*Insomnia affects 1/3 of us at some point in our lives - and for those of us who have gone through it know, it rocks your world. There are many reasons why we don't sleep, learn what they are and how to get your best night's sleep so you can function at 100%.*

**42. Macrobiotics and the Energetics of Food**

*The saying, "You are what you eat," is true. Food contains not only nutrients but energy. If we can understand this concept, then we can use that energy to ground, and balance us or to expand and lift us up.*

**43. Natural Metabolism Boosting 101**

*Simply defined, metabolism is the rate at which we convert calories (and oxygen) into energy. It is not only how we convert food into fuel, but also how efficiently and effectively we burn that fuel.*

**44. Overcoming Heartburn, Acid Reflux, and Ulcers**

*According to the American College of Gastroenterology, 60 million Americans report having heartburn at least once a month. Along with heartburn comes acid reflux and often times at its worst, an ulcer. Learn what you can do naturally to overcome this painful process.*

**45. Prevent and Reverse Memory Decline**

*At Real Healing Nutrition, we believe that the health of your brain is even more important than the health of your body. It's never too early, or too late, to start eating a diet that supports healthy brain function and even prevent brain degeneration.*

**46. Preventing and Reversing Postpartum Depression**

*For all new mothers, you can ensure that you have a smooth transition into motherhood with things like less stress, better milk supply, faster hormonal balance, and positive moods. Learn all about it in this workshop.*

**47. Quick, Easy Cancer Prevention Tips**

*Cancer is not necessarily something that just happens to us. We have enormous power and control to keep our bodies in a state of balance based upon what we eat and how we live. Find out a few tips you can start incorporating immediately to prevent this terrible disease.*

**48. Slow it Down**

*In our fast-paced society it's really hard to slow down and it's our health that suffers the consequence. In this lecture we'll teach you relaxation tips that will make you feel like you've had hours of rest even if you only have a couple minutes to spare.*

**49. Snacking is Good for You**

*Snacking is one of the healthiest ways to regulate blood sugar and metabolism. From salty, to crunchy to sweet - it's what you choose that makes the difference. Learn what snacks will support your health rather than harm it.*

**50. Strategically Reset Your Adrenals and Reboot Your Energy**

*Millions of people are sitting on the sidelines watching their lives pass them by. They are tired, lethargic, and feel as though the life has been sucked out of them. This is absolutely unnecessary and 100% reversible. Learn how!*

**51. Stop Calorie Counting Forever**

*Our goal in this lecture is to free calorie counters everywhere from connecting their food to math and emotional guilt. Because when you get freedom around food, you can truly nourish yourself and love, respect, and appreciate your body for the totally amazing masterpiece that it is.*

**52. Sugarholic**

*Sugar causes Cancer. That is now proven. It's responsible for our obesity and diabetes epidemic and a host of other health disorders. And to make matters worse, this stuff is addictive! Learn how to eliminate cravings and ditch the sugar, but keep the sweetness.*

**53. Super Healthy Foods to Eat Daily**

*Hippocrates said "Let food be our medicine and medicine be our food." With these 5 foods, which are incredibly easy and inexpensive to incorporate into your diet, you can be sure to stay healthier and more balanced.*

**54. Sustainable Weight Loss - Without "Dieting" and Without "Denial"**

*When we work with, instead of against the body, weight loss happens as a result of slow detoxification and a simultaneous build of organ and gland health. Find out simple tips to make this process graceful.*

**55. The 3 Ayurveda Body Types and How to Eat According To Yours**

*"Ayur" means life and "Veda" means science or knowledge. In this lecture we'll explore the wisdom of the Indian science that is over 5,000 years old and that identifies 3 distinct body and mind types and then gives guidelines for each.*

**56. The Cholesterol Controversy**

*Cholesterol gets a bad rap, but it shouldn't. The body releases excess cholesterol as a response to inflammation, the true culprit. It does this to keep you safe. Cholesterol is an essential molecule for life and for hormonal balance too.*

**57. The Dangers of Energy Drinks and Protein Powers: What's Really In Them?**

*Energy drinks (and some protein powders) are causing all kinds of problems amongst America's youth. Most recently leading to several deaths of teenagers. Learn why they are dangerous and healthy alternatives to replace them.*

**58. The Dangers of "Modern" Wheat**

*The wheat we eat in America today is not the wheat our grandparents and great grandparents ate. It is scientifically engineered 'frankenwheat' and its causes a litany of health issues. Find out why and what delicious alternatives are out there.*

**59. The Dangers of Non-Fermented Soy**

*It is important to spread the word to the average American about how tofu, soymilk, and edamame, the non-fermented forms of soy, imbalance sex hormones and deplete the thyroid of iodine. It is definitely NOT the health food it is touted to be.*

**60. The Doctrine of Signatures**

*Nature Gives us amazing clues as to what foods help which organs...if we just pay attention, we can be our own best doctors and even learn to be our own health advocates!*

**61. The End of Emotional Eating**

*In order to free our relationship with food, we must bring awareness to how we eat and to why we eat. Learn the art of mindful eating and how chewing can change your entire eating world.*

**62. The Healing Power of REAL Bone Broth and Salt**

*Bone broth and real, unbleached, salts can help hormonal/adrenal issues heal up to 30% faster. Bone broth in particular repairs the mucosal lining of the GI tract, greatly assisting with the repair of intestinal permeability as well as super charges the immune system.*

**63. The Mitochondria and How to Boost Production**

*Mitochondria are found in most cells, in which the biochemical processes of respiration and energy production occur. Inside our cells, mitochondria turn food and oxygen into ATP, which produces energy. Thus we cannot be or feel healthy until or less, we feed our mitochondria.*

**64. The Top 4 Personal Care Products to Avoid**

*Harmful ingredients are unfortunately plentiful in many personal care products. Learn which ingredients you should be on the lookout for and what to replace them with.*

**65. Tips and Tricks to Increasing Your Productivity and Concentration**

*There are several foods that can help to create 'real' energy in the body, while eliminating the mental fog and crash that so many non-natural sources leave us with. Learn which ones are best for you body and how to incorporate them into your diet immediately.*

**66. Using Natural Sources to Ward of Seasonal Allergies**

*Bees cross-pollinate local flora and fauna, which is why bee pollen helps you build up antibodies to things you may normally react to. Learn more about this and other ways to keep your seasonal allergies at bay.*

**67. Using Raw Milk to Heal the Digestive and Immune System**

*High quality raw milk is medicinal for rebuilding and repopulating the gastrointestinal tract and can be tolerated well by almost anyone with a lactose intolerance. We also love using raw milk to strengthen immunity and to heal asthma in kids. Learn more in this workshop.*

**68. What are the Healthiest Snack/Energy Bars?**

*Depending on what kind of bar you are eating, you can give yourself nutrients and energy, or you can put a huge burden on your body by making it process up to 20 ingredients it shouldn't have to. Learn what our three favorite bars are and why they are so good for you.*

**69. Your Total Health Survival Guide**

*We all get sick, and sometimes it's hard to kick. Follow the simple tips in this lecture to learn how to keep yourself healthy, happy, and strong when you get under the weather.*

**70. Your Weekly Meal Planner**

*We've all heard the phrase, "preparation is the key to success!" Well this is absolutely true when it comes to your health. In today's world, if we want to be "healthy" we have to act with purpose. Learn easy ways you can plan and prepare for a week of healthy meals ahead.*