

# Eat Real Food?

Rethinking Nourishment is a four-week food and lifestyle makeover that can open the door to increased energy and ward off inflammation, using nutritional enrichment and effective habit-building tools.

The first class of four is free of charge. If you are interested in continuing, you can pay \$99 for the remaining three classes as a package.

If you are experiencing any of the following physical limitations or irritations, this interactive, educational course can help you....

Weight Gain

Anxiety or Depression

Muscle or Joint Pain and Stiffness

Insomnia

Brain Fog or Fatigue

Gut Pain, Gas, Constipation or Diarrhea

Skin Problems or Rashes

Hormone Imbalance

In the Rethinking Nourishment course, you'll meet with a nutritionist and up to twelve classmates, in a familiar, small-group setting just one hour per week.

You will be offered clear goal-setting options, making goals to your own comfort level, as well as twice-weekly support to help you stay accountable and reach those goals. You'll also learn tips on how to prep food, improve your digestion, regulate your blood sugar and optimize your nutrient density, using daily habits that give you a new lease on life.

With a two-week sugar fast as an optional part of the course, we will focus on how to invest in more valuable nutrients to boost your energy, reduce inflammation, and eliminate fattening and disease-building cravings.

## The Course Includes:

- Four one-hour interactive classes
- A handbook with all your course lessons, and habit-building journal pages to help you track your own goals
- Mid-week emails from Kathleen, your facilitator
- Our Facebook group will last for the four weeks of the course and beyond, offering reminders, Q and A, and lots of recipes, reminders and options for more learning.

## Weekly Breakdown of Lessons:

Week One: The top twelve inflammatory foods to kick out of your pantry, and some very tasty replacements

Week Two: Detoxing from sugar and other dirty carbs—how can we pull the plug painlessly?

Week Three: Detoxing from cheap animal products, and how clean protein enhances mood and memory

Week Four: How to build your relationship with healthy fats and how fat helps with energy, sleep, brain power and hormone regulation

Week Five: (A supplemental option for those who have high blood sugar.) How to monitor your success long term (\$39.00 extra)

Once you are part of the Rethinking Nourishment tribe, you'll always have access to friends who share your commitments and achievements—and you'll get lots of support from us whenever you need it, regardless of how supportive your roommates are!

For more information, email [kathleenmoss@protonmail.com](mailto:kathleenmoss@protonmail.com).