



WELLNESS NEWS ~ SPRING 2018



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www.cathedralwellness.ca

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Spring Cleaning!

by Julie Zepp Rutledge N.D.

As a Naturopathic Doctor one of my main goals in helping my patients work back to a state of health and well-being is to address the underlying causes of their health concerns. At the root of many health issues is a system overloaded and overwhelmed with different stressors: notably toxic stressors in the system.

The simplest way to think of toxins in the system is to compare the blood in the blood vessels of our body to a river that has been polluted with oil, muck, pop cans, chip bags, plastic bags. This river will be lacking in oxygen and the fish and plants living in the stream will suffer due to the consequent lack of nutrients and fresh clean oxygenated water. If our bodies have become accustomed to living off nutrient poor foods, highly processed foods, foods filled with chemical flavors, preservatives and pesticides, our blood stream begins to look like this river and the blood we carry to our muscles, organs and brain is sluggish, and filled with toxins.

It becomes easy to see why we might feel tired, sore and achy and have some difficulties with concentration, memory and headaches.

Now think of a river that is clean and unpolluted. The water has a high oxygen and nutrient content and the fish and plants living in it are able to survive and thrive. When our blood streams carry clean, nutrient and oxygen rich blood our cells, tissues, glands, organs, joints and muscles are all also able to survive and thrive.

Detoxification or cleansing refers to the process of clearing toxins from the body by neutralizing or transforming them into less harmful particles in the liver and then removing them from the body through our bodies' "emunctories" – the bowels, the kidneys, the lungs, the menstrual flow and the skin. Poor digestion, bowel sluggishness, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin all increase toxicity in the body. The goal in detoxification is to enhance the body's ability to remove toxins by improving the health and function of the organs involved in carrying the toxins to the outside of the body.

Detoxification involves dietary and lifestyle changes that reduce the intake of toxins while improving elimination. Avoiding chemicals from food or other sources, including refined food, sugar, caffeine, alcohol, tobacco, and drugs, helps minimize the toxin load. Drinking extra water and increasing fiber by including more fruits and vegetables in the diet are also essential.

Cleansing is best carried out under the care and supervision of a qualified health care provider but there are some simple strategies that you can begin to implement today to set your physical self back on track:

- ~ Remove all breads and pastas from the diet;
- ~ Eliminate sweets, candies, sugar, chocolate;
- ~ Cut out milk, cheese, ice cream, flavored sweetened yogurt;
- ~ Avoid red meat and pork;
- ~ Minimize highly sweet fruit like oranges, bananas, grapes and melons;
- ~ Eat lots of high fiber fruit such as berries, apples, pears;
- ~ Eat lots of vegetables - especially cleansing are beets and leafy greens (spinach, chard) and cruciferous veggies (broccoli, cabbage, kale, brussel sprouts);
- ~ Consume whole grains (rice, oats, buckwheat, quinoa);
- ~ Nuts and seeds are good—eaten raw and unsalted (but avoid peanuts);
- ~ Eat chicken, turkey and fish and organic eggs;
- ~ Choose organic foods when possible in order to limit your exposure to pesticides and other chemical additives (see Clean 15, Dirty Dozen lists).
- ~ Keep active, though you may want to cut down on your vigorous exercise during this time as your body needs to conserve its energy for the cleansing process. Walking, swimming, yoga and stretching are good activities.
- ~ It is very important to cleanse the skin once or twice daily in a bath or shower. Try to incorporate saunas a few times a week.
- ~ Fresh air and sunshine are needed to support cleansing and oxygenation of the cells and tissues.
- ~ Start every day with a glass of warm water with the juice of half a lemon to help take a load off your lymphatic system, help cleanse your system and detoxify your liver cells.

It is important to be kind to yourself during the cleansing period! Be gentle and remind yourself that you are worth the efforts you are putting in through these adjustments to your diet and lifestyle. Engage in positive and affirming self talk.

Pick a time frame that feels challenging but doable. Just on the edge of your comfort zone. This might be as few as three days or as many as 21. Make a commitment and stick to it! Plan to engage in this process two to three times per year.

Following the cleanse, I encourage you to slowly reintroduce the foods you have been avoiding, being mindful of your body's reactions. This allows us to make the decision to avoid any problematic foods on a daily basis, not out of guilt, but because we don't like how they make our bodies feel. Each time you go through the process, pick one or two healthy habits to incorporate in your day to day life.

Before you know it, the choices you make will be healthier and healthier and it will be second nature to you to choose water or herbal tea over coffee, and you will skip to the fruit and veggie tray at your company luncheon, rather than the dessert tray – just because it FEELS good!

Recipes to support your cleanse

Avocado Power Shake

- 1/2 cup ice
- 1/2 ripe avocado
- 1/3 cup almond milk
- 2/3 cup water
- 2 Tbsp hemp seeds
- 1 Tbsp ground flax
- 1 Tbsp raw cacao nibs
- 1 Tbsp Maca powder
- 1 tsp maple syrup

Blend, serve & enjoy! Serves one.

Dr. Julie Zepp
INSPIRED HEALTH

Chlorophyll-Mint Refresher

- 1/2 cup cubed watermelon
- 1-2 cups spinach, chard or kale
- 1 cup coconut water
- 1 large green apple, cored and chopped
- 1/4 avocado
- 1/2 lime, peeled
- 5 large mint leaves
- 1 tsp liquid chlorophyll

Blend, serve & enjoy!

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Recipes to support your cleanse

Dr. Myer's Anti-inflammatory smoothie

- 1 1/2 c. unsweetened almond milk
- 1/2 frozen banana
- 1 Tbsp raw walnuts
- 1 Tbsp raw pecans
- 1/2 - 1/2 inch fresh peeled ginger root
- 1/4 - 1/2 inch fresh peeled turmeric root
- 1/2 tsp. ground cinnamon
- 1 Tbsp. maca powder
- 1 Tbsp. chia seeds
- 1 Tbsp. flax seeds

Blend and serve.

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Apple Oat Pancakes

Grind (use magic bullet or clean coffee grinder):

- 1 + 3/4 cup rolled oats
- 1/4 cup almonds (use seeds or extra oats for nut-free)

In a large bowl combine ground ingredients with:

- 1 tsp. baking soda
- 1/2 tsp. cinnamon
- 2 eggs (for egg-free use 4 Tbsp ground flax/ chia + 2 Tbsp warm water)
- 1 + 1/3 cup milk (almond, rice or organic dairy)
- 1 grated apple

Stir all ingredients together and bake on skillet 3- 5 mins. per side.

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Recipes to support your cleanse

Cleansing Broccoli Lentil Soup

(a Julie Danyliuk creation)

- 4 cups (1 L) chicken broth
- 3 cups (750 mL) broccoli, chopped (1 large head)
- ¾ cup (85 mL) dried green lentils
- ¾ cup (85 mL) onion, chopped
- 1 large carrot, chopped
- 1 celery stalk, chopped
- 1½ tbsp coconut oil
- 1 tbsp (15 mL) dried basil
- 2 tsp (10 mL) crushed garlic
- 1 tsp sea salt

Optional : 1 cup shiitake mushrooms, chopped

Garnish : 2 green onions, chopped

1. Heat coconut oil in a large soup pot over medium heat.
2. Add onions and garlic and sauté for 3 minutes.
3. Add carrots, celery and basil and cook for a few more minutes until the spices coat them nicely.
4. Add the rest of the ingredients (except the broccoli) and bring to a boil.
5. Reduce heat and simmer for 45 minutes to an hour, covered.
6. Cut broccoli into small florets, add to pot and cook for 10 more minutes.
7. Using a wand blender, puree until smooth. Garnish with green onions, if desired.



Dr. Julie Zepp
INSPIRED HEALTH

Easy Borscht

- 7 cups of stock (*see Whole Life Nutrition photo)
- 4 cups of beets, peeled and shredded
- 1 cup carrots, peeled and chopped
- 2 chopped celery sticks
- 1 chopped onion
- 1 Tbsp dried or 3 Tbsp fresh chopped parsley
- 2 cloves garlic minced
- 1/2 tsp pepper
- salt to taste
- 2 Tbsp camelina or coconut oil

Heat oil and saute onions 3 mins. Add beets, carrots and celery and cook 5 mins. Add garlic and cook 2 mins. Add stock. Bring to a boil then reduce heat and simmer 1.5 hours. Blend in a blender or with hand mixer. Serve.

Dr. Julie Zepp
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Recipes to support your cleanse

Raw Cashew Super Salad

Dressing	Salad
1/2 cup raw cashews	3-4 leaves kale, chopped
1 Tbsp minced onion or garlic	2 cups romaine
1/4 cup olive oil	2 cups mixed greens
2 Tbsp hemp or flax oil	2 Tbsp chopped fresh herbs
3 Tbsp water	1/2 cup raw cashews
2 Tbsp hemp hearts	2 Tbsp hemp hearts
4 tsp lemon juice	
1 tsp dijon mustard	
1/4 tsp sea salt	
1/4 tsp black pepper	

*Blend all dressing ingredients - this makes a thick dressing. Drizzle over greens and top with nuts and seeds.

Dr. Julie Zepp
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Asian chicken lettuce wraps

Ingredients:

- 4 Tbsp sesame or olive oil
- 1 lb. ground chicken
- salt & pepper
- 2 garlic cloves
- 1 - 1" piece of ginger
- 1/2 red pepper
- 4 oz. water chestnuts (optional)
- 12 whole lettuce leaves

Sauce:

- 1/4 cup tamari soy sauce
- 4 Tbsp cashew butter
- 1 Tbsp molasses
- 3 Tbsp red wine vinegar
- 1/4 tsp black pepper

Garnish:

- raw cashews, unsweetened
- coconut, cilantro or mint

Saute chicken in 2 Tbsp oil. Add salt and pepper - transfer to bowl. Sautee garlic and ginger in remainder of oil for one minute, stirring so they don't over brown. Add pepper. Return chicken to pan and stir in water chestnuts. Whisk sauce ingredients together with 2 Tbsp water. Pour into pan and simmer 3-5 minutes.

Lightly toast cashews and coconut on low in separate pan on stove.

Serve in lettuce wraps. Top with chicken mixture, cashew-coconut mixture and mint or cilantro and serve.

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Recipes to support your cleanse

AIP Friendly Bacon, Beef & Mushroom “Pasta”

recipe submitted by Kaylee Woolhether, *Health Starts Today*.



Ingredients:

1 spaghetti squash	1 cup homemade beef broth
6 slices bacon	2 tsp dried thyme
1.5 cups sliced cremini mushrooms, divided	2 tsp dried oregano
1 cup chopped white onion, divided	½ teaspoon sea salt
4 cloves garlic	2 lb grass-fed ground beef
	2 cups spinach

Preparation:

Preheat the oven to 400 degrees F. Cook the spaghetti squash by cutting it in half, removing the seeds/guts, and placing flesh down in a baking pan with ½ inch of water covering the bottom.

Cook for 25-40 minutes, depending on the size of the squash, until fork tender (slightly firm and not mushy).

Cook the bacon in a large skillet over medium heat. Set aside to cool, then chop into small pieces.

To make the sauce: Add 1 cup of mushrooms, ½ cup onion, garlic, broth, dried herbs, and sea salt to a blender and blend until a smooth. Set aside. Add the ground beef, remaining mushrooms, and remaining ½ cup onion to a skillet and cook on medium heat until the beef is no longer pink and the vegetables are tender.

Pour mushroom broth into the skillet and bring the liquid to a simmer. Maintain a simmer as most of the liquid evaporates over the next 20 minutes- you should be left with a thickened sauce. In the last 2 minutes of cooking, add the spinach and cook down until wilted. Remove from heat.

Once the spaghetti squash is cooked, use a fork to scrape the flesh away from the shell. Top with the beef and mushroom mixture, and chopped bacon. Enjoy!

More healthy recipes: www.healthstartstoday.com

Shrimp and Quinoa Protein Bowl

recipe submitted by Rachel Lam ND cand.

Ingredients:

1 cup organic quinoa, uncooked	1 cucumber
2 tsp liquid honey	2 Roma tomatoes
2 tbsp olive oil	1 carrot
1 lime	½ cup cilantro, chopped
1 lb shrimp, peeled & deveined	2 avocados, diced



Gluten / Dairy-free ~

Time: 30 min. ~

Servings: 4

Cooking Directions:

1. Bring 2 cups of water and quinoa to boil over high heat in a saucepan. Once boiling, reduce heat to low. Simmer until tender and most of the liquid has been absorbed (15 to 20 minutes). Fluff with a fork and split into four bowls.

2. To make the dressing, combine honey, olive oil, and juice from the entire lime in a small bowl. Season with salt and pepper to taste.

3. While the quinoa is cooking, heat a large skillet over medium-high heat. Drain shrimp and pat dry with a paper towel or clean dishcloth. Toss shrimp in a large bowl with a drizzle of oil, salt, and pepper. Once the skillet is hot, add shrimp and cook for 2-3 minutes until pink and no longer translucent. Remove from skillet.

4. Wash and slice the cucumber and carrot into rounds, and the tomato into ½-inch pieces. In a large bowl, combine shrimp, carrot, cucumber, and tomato. Wash and roughly chop or tear cilantro into the bowl. Add honey-lime dressing, toss, and split into four bowls over quinoa. Dice avocados and top each bowl with half an avocado.

Recipes to support your cleanse

Sugar-free Macaroon Cookies

recipe submitted by Laura Stark ND

Ingredients:

1/4 cup melted grass-fed butter (like Organic Meadows brand) or substitute coconut oil for totally dairy free
4 eggs
1/2 cup unsweetened applesauce
3-5 ml SweetLeaf brand liquid stevia
1/4 tsp salt
2 Tbsp carob powder (or cocoa)

2 scoops vanilla Bone Broth protein powder
2 Tbsp coconut flour
2-4 Tbsp hemp hearts
2 cups unsweetened shredded coconut
1/4-1/2 cup unsweetened carob chips (or chocolate chips)
Optional for super flavour, culinary grade essential oils: 2 drops cinnamon, 1 drop cardamom, 1 drop nutmeg, 3 drops blood orange

Cooking Directions:

Whisk together eggs, applesauce and melted butter.
Add liquid stevia and essential oil drops if using.
Mix in salt, carob, coconut and protein powders, combining well.
Mix in hemp hearts, shredded coconut and carob chips.
Scoop rounded tablespoons onto cookie tray and flatten.
Bake at 350degrees for 15 minutes.
Makes 20 cookies.



carrot cake energy balls

3/4 c. almonds
1/2 c. pitted dates
1/4 c. dark raisins
1/4 c. dried unsweetened pineapple (optional)
1/4 c. walnuts
1 c. shredded carrots
1/2 c. unsweetened coconut
1 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. cardamom

1 Tbsp vanilla protein powder
2 Tbsp unsweetened coconut or almond milk
1/3 tsp. melted coconut oil
1/4 tsp. pure vanilla extract

In a food processor, combine almonds, dates, raisins, pineapple, walnuts and 1 Tbsp water until everything is mixed. Add the carrots, coconut and spices. Process another 1-2 mins. Shape into balls, setting on a plate. Place the balls in the freezer.

For the icing (optional): Stir together protein powder, non-dairy mylk, coconut oil and vanilla, stirring continuously until mixture is thickened. Remove balls from freezer and spoon icing onto top of each one. Return to freezer to set at least one hour.

from the cookbook *Energy Balls* by Christal Sczebel

Dr. Julie Zepp
Inspired Health

Healthy by Nature: Using ‘Therapeutic Order’ to Navigate Health Choices

by Marika Geis N.D.

It starts out gradually enough. You hear that vitamin C is a good thing to take during cold and flu season or that as Canadians, we are chronically deficient in vitamin D and so begins your daily health ritual. The next thing you know you're taking 20 different supplements every morning.



Often, our clients will bring in their supplements to try and regain some clarity as to what they should take and why. Usually they're unsure whether they need them anymore or are confused as to their benefit. Using natural health products is certainly preferable to using harsh chemical treatments to manage troublesome symptoms, however, just like pharmacologic therapies, natural treatments need to be administered appropriately; the right substance in the right dosage for the right person at the right time via the right delivery method.

The model that defines the naturopathic approach, the ‘Therapeutic Order’, takes this one step further by addressing the environment which created the dysfunction in the first place. Take, for example, a cut finger. We can either create the conditions required for healing and resolution or we can create the conditions that result in infection. Both are equally complex, however, so long as the conditions that foster infection persist, no amount of medication will fix the issue. In the context of chronic diseases: adult onset diabetes, high blood pressure, elevated cholesterol, unexplained infertility, fibromyalgia, chronic fatigue syndrome or autoimmune disorders (to name a few), you simply cannot drug a body back to health.

As Dr.'s Pizzorno and Snider wrote: “We are natural organisms, our genomes developed and expressed in the natural world. The patterns and processes inherent in nature are inherent in us”. In the case of our cut finger, even in the presence of the proposed antibiotic ointment (natural or pharmacologic) which would push back the bacteria creating the pain, swelling, and inflammation, your body is ultimately responsible for the final step that resolves the cut.

Since Naturopathic Medicine is fundamentally oriented to restoring health as opposed to ‘treating disease’, we tend to see illness as a process. Nature cure assumes, correctly, that illness manifests as a result of factors that disrupt health and that ‘symptoms’ are the body’s attempt to achieve equilibrium based on the conditions at the time. By creating the framework for health we make it harder for ‘disease’ to manifest.

To this end, we use Dr.'s Jared Zeff and Pamela Snider’s ‘Therapeutic Order’. This not only helps us prioritize which modalities would best serve our clients but also let’s us know when we can move on.

Chronic Illness generally takes hold when any or all three of the following conditions exist:

- 1) The persistence of so-called 'disturbing factors', most notably poor diet and long term stress;
- 2) the body's reactive potential is blocked, usually by pharmacologic treatments (e.g.: acetaminophen for fever); and
- 3) the body's constitution is too weak in order to mount an appropriate response.

The cumulative effect is such that our tissues sustain damage leading to chronic inflammation and possible scar tissue or tumor formation. Reversal of chronic conditions can rarely be accomplished through drugging the disease state. The more that you or your clinician can identify these 'disturbing factors' the more we can slowly peel back the layers that led to the development of the disease in the first place. We use every opportunity to establish the conditions for healing and tap into the body's tendency to healthy balance.

With this in mind the **first** step of the Therapeutic Order is to remove obstacles to health, specifically, diet/sleep, stress and spiritual disharmony. How can we stand a chance at treating mental exhaustion and fatigue when you are eating whatever comes your way, falling asleep in front of the television and feeling isolated because you've moved away from your family home? An antidepressant can help with the symptoms of depression (a sometimes necessary respite) but we run the risk of ignoring the 'disturbing factors' that in time could lead to more serious consequences.

Next, we are tasked with stimulating the body's self healing mechanisms. Modalities such as hydrotherapy (various methods that combine the use of hot and cold water), movement (Tai Chi or Qi Gong), Traditional Chinese Medicine, and Homeopathy work with whatever vitality is present in order to augment the body's response to the now absent obstacles to health. Given that we exist as complex patterns of matter, energy, and spirit, exposure to the appropriate rhythms and forces of nature strengthen our vitality, stimulates the healing power of nature and is thus a natural ally for our clients. Alerted to this momentum, our body's are in a better position to respond to our attempts at strengthening weakened or damaged systems. To this end, **nutraceuticals, botanical medicine and glandulars**, are indispensable resources when trying to restore function. Occasionally, attempts at restoring function are blocked by derangements in **structural integrity**. Some ND's, more so south of the border, use 'Naturopathic Manipulation' or 'Naturopathic Bodywork' to address this issue. However, should this need attention, more often than not, clients will leave with a referral to a physiotherapist, osteopath, registered massage therapist, or chiropractor. At this point, many find that steps 1-4 are enough to bring our clients to a place of independence and flexibility, all with a minimum of supplementation. Additional treatments may be warranted though in which case we aim to address true pathology. **Natural health products** provide a vast arsenal in which to treat everything from headaches to parasitic infections, to endometriosis, to allergies, but unless applied in the context of the Therapeutic Order, one cannot expect long term results. We would essentially be practicing what Naturopath's call 'green allopathy', i.e.: using natural products as substitutes for pharmacologic intervention.

What comes next may surprise some of you. So long as items 1-5 are addressed it can be further indicated to use **pharmacotherapy and/or surgery** to preserve life and limb and is the reasoning behind the expanding scope of Naturopathic Medicine in Canada. In fact, the original intention behind using these modalities was only to use them when diet and lifestyle failed to yield results. In this limited context, one could say the naturopathic and allopathic models are aligned and that perhaps we don't need to differentiate between them. We could collectively refer to either of these models as 'people medicine' thus establishing the foundation for future collaboration among all professionals in the health care field. Lastly, at times it may be necessary to suppress the pathology altogether, in order to preserve life and limb, but as you may have already concluded, these methods keep you alive but with long term consequences (prednisone as an example).

All this being said, how do we decide which system to prioritize? In a society that routinely normalizes malaise and encourages us to ignore our instincts, deciding where to focus our energies may be the first challenge. How much sleep is enough sleep? What makes a healthy diet healthy? What is FODMAPS anyway? Keeping true to the guiding principle of 'docere' or 'doctor as teacher', the aim of the practitioners at Cathedral Centre for Wellness is to help guide you through the labyrinthine world of superfoods, supplements, detoxification, diets and even supports for the spiritual/emotional issues that get in the way of implementing the health strategies we know will serve us well. In working with us, you will begin to learn where you are in relation to healthful function, when to recognize disruptions in that balance and how to get yourself back on track. We look forward to working with you as we embark on your own unique, healing journey.

Balgonie Natural Health & Healing Expo

Balgonie Multiplex ~ Balgonie, Sask.

(Hwy 364 ~ Balgonie)

Friday - April 27th - 3:00 pm - 9:00 pm

Saturday - April 28th - 10:00 am - 7:00 pm

Admission \$2.00 (under 12 free)

- 🌀 *Holistic & Natural Health & Wellness Services*
 - 🌀 *Body and Energy Practitioners*
 - 🌀 *Intuitive Readers*
 - 🌀 *Natural & Chemical free Products*
 - 🌀 *Interactive Health & Wellness Workshops*
 - 🌀 *Safe, Supportive & Educational*



*Presented by
Cher Louttit*

*For more info for this Expo
connect with Char*

Email: freedomtobelieve@sasktel.net

or visit: www.freedomtobelieve.net

www.facebook.com/balgonienaturalhealthhealingexpo

Balgonie Natural Health & Healing Expo

Invites you to join us at our

Health & Wellness Workshops

Balgonie Multiplex - Balgonie, Sask. (Hwy 364 ~ Balgonie)

Friday April 27th

7:00 pm - Hypnotherapist & Psychic Medium - Brenda Hall

Saturday April 28th

10:30 am - Health Starts Today - Holistic Nutritionist - Kaylee Woolhether

1:00 pm - Full Life Yoga - Yoga Instructor - Kim Lawrence

3:30 pm - Spiritual Journey - Astrologer - Colleen Jorgensen

Advance Tickets: \$20.00 per workshop or all 4 workshops for \$65.00

At the Door: \$20.00 ea.

Workshop tickets include free admission to the Expo

Interact, Create & Learn!

Take away life changing experiences, learn fundamental tools
& strategies to help you move forward & sustain a
Healthier, Happier YOU!



Presented by
Char Louittit

For Tickets & more information on Workshops

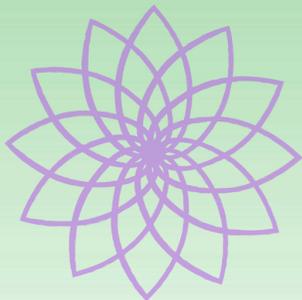
Email: freedomtobelong@sasktel.net

or visit

www.freedomtobelong.net

www.facebook.com/balgonienaturalhealthhealingexpo

Optimal Digestion & Whole Self Nourishment: An Interactive Workshop



With Holistic Nutritionist Kaylee Woolhether
At the Balgonie Natural Health & Healing Expo
Saturday, April 28th || 10:30- 12:30 am

Our gut, also known as our “second brain,” is the basis of our health. Our gut health affects nearly everything- including proper digestion, maintaining a healthy weight, heart health, our immune system, and mental health (especially anxiety/depression). Not only that, the abdomen has been described as “the seat of the soul.” We sense the physical presence of our life force by sensing our belly.

In this workshop, learn how to nourish the gut and your whole self, not only physically, but on every level of health.

This is your opportunity to listen and learn; reflect, journal and participate in self reflection exercises; and get hands on as we create our own probiotic food to support digestion!

Kaylee (hello@healthstartstoday.com)