

Workshop / presentation outlines

<p>Immunity and Beyond</p>	<ul style="list-style-type: none"> • Factors that influence immunity • Food, stress, sleep, nutrients, mindset, movement, digestion, microbiome • Tips for enhancing immunity • Supplement suggestions
<p>Cleanse accompaniments (3 decks)</p>	<ol style="list-style-type: none"> 1. Cleanse kick-off (toxicity, health statistics, cleanse product description) – designed to “sell” group cleanse 2. Cleanse beginning (what to expect, who should not cleanse, additional cleansing practices) – designed once everyone receives their products 3. Cleanse end (living a “detox” lifestyle including apps and other resources) – designed for end of group cleanse
<p>Sugar Blues</p>	<ul style="list-style-type: none"> • Diabetes statistics • Sugar use in US • Effects of sugar on body • Where is sugar found • Glycemic Index and Glycemic Load • Artificial and alternative sweeteners
<p>Digestion and Gut</p>	<ul style="list-style-type: none"> • Description of gut • Food hygiene (chewing, slowing down) • HCl and enzymes, PPIs, RX • Bristol stool chart / poop • Microbiome • Fermented foods • Easy digestion tune-up tips
<p>Lifestyle – beyond food</p>	<ul style="list-style-type: none"> • Stress • Sleep / sleep hygiene • Exercise • Meditation • Laughing, joy • Relationships and family
<p>Food quality and organics</p>	<ul style="list-style-type: none"> • The state of our food supply • The problem with processed food • Food additives • GMOs • Legal differences between US and other countries • Effects of additives and chemicals on our bodies • Pesticides, fungicides and herbicides • Conventional meat and dairy • Greens, greens and more greens • Helpful apps
<p>Intermittent Fasting</p>	<ul style="list-style-type: none"> • Definitions of fasting • Historical Eating Patterns • Different ways to fast • FMD • Introduction to PROLON