

b-healthy!



Upcoming cooking classes:

TN in the Kitchen Part 1:

check one only

Fri May 7/10 10 – 2 pm

Sat May 8/10 10 – 2 pm

TN in the Kitchen Part 2:

...Fri Jun 4/10 10 – 2 pm

GAPS/Enzyme/Detox Diet:

Fri Jun 18/10 10 – 2pm

For more information:

Patricia Meyer Watt, C.N.P.

Nutritional Consultant

Tel. (416) 653-7112

b-healthy@rogers.com

www.b-healthy.ca

Comments from previous participants:

" You were well prepared and very knowledgeable", Andrea P.

" I enjoyed the instructional part and the eating afterwards", Colin H.

Patricia is a graduate of the Institute of Holistic Nutrition (IHN). She works in the practice of a medical doctor and is a faculty member at IHN, teaching the Food Preparation course. She is the Chapter Leader for the Weston A. Price Foundation in Toronto (Volunteer).

Traditional Nutrition in the Kitchen

Fun! Delicious! Nutritious! For vegetarians and carnivores!

Name: _____

Address: _____

Phone: _____

Cell/business phone: _____

e-mail: _____

Traditional Nutrition in the Kitchen – Part 1

• Properly prepared grains, broth soups, easy & delicious dairy fermentation (Kefir & Fil Mjolk), bubbly sodas, nutritious liver pate, egg dishes, vegetable dishes, ice cream. Take home starter for kefir dairy fermentation.

Traditional Nutrition in the Kitchen – Part 2

• Lacto fermented vegetables (Kimchi, Sauerkraut, etc), sourdough baking, amazing crispy almond butter, pastured meats, vegetarian dishes and more. Take home sourdough starter.

GAPS/ENZYME HEALING DIET – (Advanced class)

• Foods to help heal the gut, control Candida overgrowth, Autism Spectrum, for periodical cleansing, help recover from illness, support cancer treatments & auto-immune issues, etc

We use organic & pastured animal foods and prepare vegetarian alternatives.

For more dates and classes see www.b-healthy.ca

Location: Bathurst & St. Clair, Toronto (St. Clair West Subway)

Free street parking – will e-mail directions. Max. 6 participants per class.

4 hour cooking class, handouts, a full meal & snacks:

Cost: \$ 100 each class + 5% GST \$ 105.00

\$ 190 for 2 classes + 5% GST \$ 199.50

\$ 270 for 3 classes + 5% GST \$ 283.50

Any food allergies/intolerances? _____

Specific diet requirements _____

Cancellation policy: Full refund if class cancelled by instructor.

100% refund up to 2 weeks before class (-\$ 20 admin fee). No refunds after that date. If you can't come at last minute, send a friend instead.

Classes fill quickly, book as soon as possible.

e-mail for availability or to discuss payment plan b-healthy@rogers.com

Please mail this form & cheque to confirm your booking:

Patricia Watt 36 Wychwood Park Toronto ON M6G 2V5

TRADITIONAL NUTRITION IN THE KITCHEN – Part 1 & 2

In a home setting and through **interactive demonstration** and **hands-on participation** you will learn about proper preparation of nutrient dense, whole, un-processed foods. We will discuss the principles used for many generations to prepare delicious and simple foods that are easy to digest and that provide us with health supporting nutrients, as described by Dr. Weston A. Price. We will use mostly organic produce, pastured meats and eggs, non-homogenized milk, whole grains, traditional animal and vegetarian fats. These are some of the topics covered in each class, recipes may vary according to seasons and market availability.

Text: **Nourishing Traditions**, The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats, 2002 New Trends Publishing, Sally Fallon with Mary Enig, PhD. and handouts.

Please read brochure on Traditional Diets that I will supply before class. (Weston A. Price Foundation)

DAIRY FERMENTATION (Class 1): Easy home-fermentation of whole (cow, goat or sheep) milk into a more digestible “liquid yogurt” called kefir that can be used plain, for smoothies, to soak flour for baking, etc. We will demonstrate how to prepare Crème Fraiche, liquid whey, “cream cheese”, etc. Participants will take home small amounts of kefir “grains” necessary for fermentation.

PROPER PREPARATION OF GRAINS (Class 1): Soaking, sprouting and fermenting (natural leavening) of grains makes these foods easier to digest and we absorb nutrients better as phytic acids and enzyme inhibitors are reduced. We will prepare breakfast muesli, pancakes, muffins, waffles, etc. using these principles. Grains will be milled into fresh flour and oat groats will be freshly rolled.

LACTO FERMENTED BEVERAGES (Class 1) Delicious high-enzyme and naturally carbonated beverages that are refreshing and a great alternative to commercial pop. Using excess kefir grains and/or liquid whey and ginger or lemon verbena for flavouring, we will prepare “sodas”.

NUTRIENT DENSE ANIMAL FOODS (Class 1 & 2): Discussion and preparation of animal foods high in vital nutrients, especially vitamins A, D, and K, valuable minerals, unadulterated cholesterol, healthy animal fats and more. Bone broth, rendering animal fats (lard, butter-ghee), meats, wild salmon and organ meats will be prepared. (alternatives will be prepared for vegetarian participants).

SOURDOUGH BAKING (Class 2): Slow natural fermentation (without baker’s yeast) of freshly ground whole grains (spelt, kamut, rye, wheat) results in healthy breads, scones, muffins that are highly nutritious. Students will take home a sourdough starter.

LACTO FERMENTATION (Class 2) (vegetables/fruit): Fermented vegetables, fruits, beverages and condiments are highly nutritious and vitamin/enzyme enhanced. They aid in digestion as well as provide beneficial pro-biotic bacteria and vitamin K2 for heart and bone health. Kimchi (Korean sauerkraut) and Sauerkraut with carrots & ginger, chutneys and other condiments will be prepared.

NUTS & SEEDS (Class 2): Proper preparation requires sprouting or soaking and sometimes dehydrating for longer storage.(no dehydrator necessary). Crispy nuts make the perfect trail mix, delicious almond butter or use in baking. You will never want to eat non-crispy nuts again!

And of course lots of **SEASONAL VEGETABLES** either raw in salads, or cooked and served with butter, ghee and natural sea salt.

Comments from a previous participant:

“Thanks so much for the GREAT classes. I LOVED it. I can’t wait for you to offer more. I have lentils sprouting, nuts soaking, beet kvass fermenting, kefir brewing, cream cheese separating (building up my whey to make ginger-ale, etc), dough rising for biscuits, the kitchen is going crazy. I just love it!

I am sold on this way of eating... it makes so much sense!

Thanks again for offering this wonderful course” Laurie Southall, RhA, ROHP, RNCP, CPCC

GAPS/ENZYME/DETOX DIET: (pre-requisite is having taken Part 1 and 2 or to be familiar with Nourishing Traditions cooking principles)

In this special class, we will explore the “GAPS” (Gut And Physiology/Psychology Syndrome) diet and the “Enzyme” diet. These will help those who wish to do a periodical cleansing or have digestion issues, Candida Overgrowth, auto-immune issues or are recovering from illness or going through cancer treatments, etc.

This diet will use all the Nourishing Traditions principles but is more restrictive as is warranted when healing needs to take place. These diets are grain free and consist of foods that are easy to digest and high in enzymes. We will prepare many dishes with vegetables, bake with crispy nuts, use lots of healing bone broth, healthy animal/vegetable fats and fermented condiments. A safe way of consuming a strengthening organic raw liver tonic will be demonstrated. You will be surprised at how it does not taste like liver at all! And a small amount goes a long way! We will have plenty of time to discuss this diet, prepare dishes and look at a menu plan for adequate variety of meals.