



"Let food be thy medicine and medicine be thy food"

~ Hippocrates

Intro to Food as Medicine with Cheryl Silberman, Director of Kanyakumari, CAS

The Food as Medicine plan was designed to use your whole fresh food as your medicine. A whole food emphasis to eating is a most powerful tool – whether you are very ill or balanced in your health. It is important to know that this is not a weight loss plan, but a program to enliven the body, mind & spirit. If we take care of increasing vitality through the prana or life force in food, all else will follow.

- Review of life force in nature and our food
- Discussion of Acid/Alkaline balance in the body
- Simple Rules of the Food as Medicine Plan
- Discussion of alternating grains, vegetables, proteins, nuts and seeds
- Breakfast, lunch and dinner recipes along with energy and detox teas
- Explanation of sugar cravings
- Probiotic support
- Shopping and kitchen supply list



Sunday, February 12th; 1-3pm / \$40



at Yoga Bent, LLC

1630 Old Deerfield Rd. Suite 208

Highland Park, IL 60035

www.yogabent.com / Miguel@yogabent.com

To register contact Yoga Bent at 847-831-1515

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www.kanyakumari.us / info@kanyakumari.us

