



*“Let thy food
by thy medicine
and thy medicine
by thy food.”* Hippocrates, 400 BC

Healing with Wholefoods

Healing with Wholefoods Food As Medicine Course 15 hour Healing & Cooking Course

The ‘Healing with Wholefoods’ Course covers some remarkably simple & effective dietary approaches to reveal the ‘medicinal qualities of Food’ & the ‘tasty qualities of Medicine.’

Your ‘Five Taste Senses’ are your guide through the delicious & nourishing wholefood recipes & balanced diets that can be used to prevent & remedy many forms of illness & degeneration to make your life bountiful.

- You learn how to keep yourself & others well through seasonal organic living foods which are free of gluten, wheat, dairy, sugar & animal products.
- You learn how to diagnose specifically & accurately the dietary imbalances that contribute to health problems.
- You learn how to correct these imbalances & generate strong health & improvements for yourself & others without using vitamin pills & drugs.
- You learn how to sprout grains & pulses, pickle vegetables, make home-made yoghurt & nut milks using essential living food equipment

The ‘Healing with Wholefoods’ course is of interest to those people who have a personal interest in nourishing themselves & others with tasty & health-giving meals; as well as those health professionals who wish to use the specific healing properties of food to compliment their own practices.

5 week course offered on **Saturdays** or **Wednesdays**

Saturdays 29 August - 26 September 2:00 - 4:30pm or

Wednesdays 26 August - 23 September 12:30 - 3:00pm

(Allow 4 hours for the final class as this is a practical cooking class)

Venue: Avalon – Address confirmed on receipt of payment.

Private tuition of groups of 6 or more can be arranged outside of term times.

Cost: \$260

Jacqui Giuliano is a Zen Shiatsu practitioner & principal yoga teacher at Avalon Yoga. Jacqui is passionate about food as medicine both in her life & in the lives of her family & students & has a long association with wholefood cooking & healing.

Bookings: Jacqui Giuliano m. 0419 944 120