



support healing, activate hope, promote thriving

PO Box 221417  
Sacramento, CA 95822

### *The Cancer-Fighting Kitchen*

FRIDAY, OCTOBER 4, 2013  
9:00 a.m. TO 3:00 p.m.

Center for Spiritual Awareness

1275 Starboard Drive  
West Sacramento, CA 95691

Approved for 6 CE credits for RN, MFT, LCSW.  
This program has been submitted to the  
Commission on Dietetic Registration for  
approval for 5 CPEUs for RD/DTR.

Nonprofit Org.  
US Postage PAID  
Sacramento, CA  
Permit # 1704



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Presents

## *The Cancer-Fighting Kitchen*

Lise Alschuler, ND

and Laura Pole, RN, MSN

October 4, 2013 • West Sacramento, CA



supporting sponsors

**Totally Tapioca - Benefit Concert**

**UC Davis Cancer Center**



**LISE ALSCHULER, ND**, is board certified in naturopathic oncology and has been practicing naturopathic medicine for 19 years. Dr. Alschuler is the past-President of the American Association of Naturopathic Physicians. She is co-author with Karolyn Gazella of *The Definitive Guide to Cancer: An Integrative Approach to Prevention, Treatment, and Healing*, now in its 3rd edition. Their newest book, *Five to Thrive: Your Cutting-Edge Cancer Prevention Plan*, was published in September 2011. They have created *FiveToThrive*, a multimedia initiative dedicated to sharing information about integrative cancer prevention and treatment. Dr. Alschuler has received professional recognition and many awards for her work in integrative medicine. She was diagnosed with breast cancer in 2008 and thrives today!

[www.drlise.net](http://www.drlise.net) and [www.FiveToThrivePlan.com](http://www.FiveToThrivePlan.com)



**LAURA POLE, RN, MSN**, President of Eating for a Lifetime, is a Health Supportive Gourmet Chef, an Oncology Clinical Nurse Specialist, Certified Nia Fitness Instructor, and a professional musician with over 30 years experience in health care, health education and entertaining people. Laura first learned the art of good cooking in Louisiana at the apron strings of incredible Cajun and

Creole home cooks. Laura blends her passions for food, entertaining and health into a career of nurturing people. Laura is considered an authority in shaping the field of health-supportive cooking for people with serious illness. Chef Laura is Director of Nourishment Education Programs for Smith Center for Healing and the Arts in Washington, DC. She also serves as Head Chef for their Cancer Help Program Retreats.

[www.eatingforalifetime.com](http://www.eatingforalifetime.com)



# The Cancer-Fighting Kitchen

## SCHEDULE FOR THE DAY

- 8:00 a.m. Registration opens
- 9:00 a.m. Presentation by Lise Alschuler, ND
- 10:30 a.m. Break
- 11:00 a.m. Cooking Demonstration by Laura Pole
- 12:30 p.m. Nutritious Delicious Lunch of the same recipes  
Laura has demonstrated
- 1:30 p.m. Discussion and Q&A with Laura Pole  
and Lise Alschuler
- 3:00 p.m. End of program



### Who Should Attend

- Anyone wanting to promote healing of body, mind, and spirit
- Women and men touched by cancer or any life-altering illness
- Healthcare providers
- People supporting friends or family coping with cancer or other illness

### At This Workshop You Will Learn

- Diet strategies that strengthen the body's resistance to cancer, complement medical care, and bolster recovery after treatment;
- What specific foods can significantly boost the body's innate ability to resist cancer;
- The importance of weight management to reduce cancer risk;
- Which foods are most important to avoid (and explore healthy substitutes);
- How some foods (and spices) can alter gene expression, turning off cancer-promoting signals;
- Some standard laboratory tests that can give you and your doctor a look at your nutritional status and health status;
- Key dietary supplements to support a cancer-fighting diet;
- How to use flavor carriers to create healthy food that tastes great and is good for you;
- How to minimize the costs of food while maximizing health;
- What kitchen equipment is the safest and most cost effective to have in your kitchen.

## WORKSHOP INFORMATION

### Registration Fee (includes lunch)

- Early Registration \$89 if received by September 9
- Registration \$109 begins September 10
- Late Registration \$125 begins Oct. 1 (if space available; may not include lunch)

### Partial Scholarships and Work Exchange Available

Please complete the scholarship request form at [www.healingjourneys.org](http://www.healingjourneys.org), or call 916-391-0549 to have one sent to you. Applications must be received by September 23.

### Location

Center for Spiritual Awareness  
1275 Starboard Drive, Sacramento, CA 95691  
Parking is free.



### Date and Time

Friday, October 4, 2013 • 9:00 a.m. to 3:00 p.m.

**Lunch** - a delicious, healthy lunch, prepared using the same recipes that are demonstrated in the class, will be provided.

### Continuing Education

Approved for 6 CE credits for RN, MFT, and LCSW; pending approval for 5 CPEUs for RD/DTR. Healing Journeys is approved by the California Board of Registered Nursing, Provider No. CEP 10808 and by the California Board of Behavioral Sciences, Provider No. PCE 953. This workshop has been submitted for approval to the Commission on Dietetic Registration. There is an additional \$10 processing fee for Continuing Education credits.

### Cancellations

Cancellations received in writing or online by September 30th will receive a refund for the workshop fee and CEs, less a \$25 administrative fee.

### Additional Dates and Locations

There are no more workshops scheduled. DVDs of a previous workshop are available for purchase at [www.healingjourneys.org](http://www.healingjourneys.org).

### For Further Information

email [info@healingjourneys.org](mailto:info@healingjourneys.org) tel 916-391-0549 toll free 800-423-9882 or [www.healingjourneys.org](http://www.healingjourneys.org)

## The Cancer-Fighting Kitchen

### Center for Spiritual Awareness

1275 Starboard Dr., West Sacramento, CA 95691  
Friday, October 4, 2013 - 9:00 a.m. to 3:00 p.m.  
Register online or mail/fax this form

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

### WORKSHOP FEE\* (INCLUDES A DELICIOUS, NUTRITIOUS LUNCH!)

- Early Registration: \$89 if received by September 9, 2013
- Registration: \$109 begins September 10, 2013
- Late Registration: \$125 begins Oct. 1 (if space available; may not include lunch)
- \$10 additional fee for Continuing Education Credits

License #: \_\_\_\_\_ Kind of License: \_\_\_\_\_

\*Our *Cancer as a Turning Point* conferences are free. To help us cover the cost of providing them, we also offer fee-based workshops.

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PAYMENT: AMOUNT ENCLOSED \$ \_\_\_\_\_

MC / VISA / DISCOVER ONLY VER. CODE EXP. DATE

BILLING ADDRESS \_\_\_\_\_

SIGNATURE \_\_\_\_\_

### PLEASE MAKE CHECKS PAYABLE TO:

#### Healing Journeys

Post Office Box 221417, Sacramento, CA 95822

toll free 800-423-9882 tel 916-391-0549 fax 916-391-1004

info@healingjourneys.org • [www.healingjourneys.org](http://www.healingjourneys.org)