The Cancer-Fighting Kitchen

Rebecca Katz, MS
and
Jeanne Wallace, PhD

November 4, 2011 • Loomis near Sacramento

Healing Journeys
support healing, activate hope, promote thriving

Presents
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supporting sponsors
UC Davis Cancer Center
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R E B E C C A  K A T Z,  M S ,  i s  t h e  a u t h o r  o f
The Cancer Fighting Kitchen: Nourishing Big Flavor Recipes for Cancer Treatment and Beyond and One Bite at a Time: Nourishing Recipes for Cancer Survivors and Their Friends. She consults, lectures, and does culinary demonstrations for leading health-care institutions including University of California San Francisco and Stanford Cancer Center. She is the Senior Chef at Commonweal Cancer Help Program in Bolinas, California. She holds a Master of Science degree in Health and Nutrition Education and received her culinary training from the Natural Gourmet Institute for Health and Culinary Arts.

Rebecca is re-defining the concept of health-supportive cuisine in a way that’s proving deliciously irresistible to patients and professionals alike. Using equal parts warm kitchen-table wisdom and credible scientific knowledge, Rebecca has helped thousands of people improve their health as they battle chronic diseases such as cancer, diabetes, and obesity. She will provide the practical help with healthy eating that you have asked for.

www.rebeccakatz.com

J E A N N E  W A L L A C E,  P H D ,  C N C ,  i s  w i dely r egar ded a s  o n e  o f  t h e  n at i o n 's  m os t
pr o m i n en t  e xpe rt s  i n  n ut r i t i o n al  o n col
o g y .  S h e  i s  t h e  D i r e c t o r  o f  t h e  N u t r i t i o n a l
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o gists and other healthcare providers, lectures widely at cancer conferences, and provides educational training to integrative cancer centers. Dr. Wallace is board certified in Holistic Nutrition, and is a member of the National Association of Nutrition Professionals and the Society for Integrative Oncology. Her unique focus is on empowering individuals to harness the power of simple diet and lifestyle changes to modulate the Oncometabolic Milieu, a cluster of nutritional and metabolic factors that translational research has shown can influence the growth and progression of cancer. www.nutritional-solutions.net
SCHEDULE FOR THE DAY

8:00 a.m. Registration opens
9:00 a.m. Presentation by Jeanne Wallace, PhD
10:30 a.m. Break
10:50 a.m. Cooking Demonstration by Rebecca Katz, MS
12:30 p.m. Nutritious Delicious Lunch of the same recipes
1:30 p.m. Discussion and Q&A with Rebecca Katz
2:30 p.m. Q&A with Jeanne Wallace
3:30 p.m. End of program

WORKSHOP INFORMATION

Registration Fee (includes lunch)
Early Registration $89 if postmarked or received online by October 10
Registration $109 if postmarked or received online by October 31
Late Registration $125 after October 31 (may not include lunch)

Partial Scholarships and Work Exchange Available
If you want to attend this one-day workshop and are financially challenged, you can apply for a partial work exchange or partial scholarship. Please complete the request at www.healingjourneys.org, or call (800) 423-9882 to have a form sent to you. Applications must be received by October 24.

Who Should Attend
• Anyone wanting to promote healing of mind, body, 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;
• To utilize standard lab testing to evaluate nutritional factors that may influence cancer outcomes;
• 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;
• To compare conflicting data and controversial claims of various anti-cancer diets and dietary supplements from a non-dogmatic, evidence-based model;
• 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.

Date and Time
Friday, November 4, 2011 • 9:00 a.m. to 3:30 p.m.

Lunch - a delicious, healthy lunch, prepared using recipes from Rebecca’s books, will be provided.

Continuing Education
6 CE credits approved for RN, MFT, and LCSW. 5 CPEUs approved for RD/DTR.

Networking Lunch: To assist us in helping you connect with others, please check which category best describes you:
- Cancer Survivor, type of cancer
- Other Illness, please specify
- Health Professional
- Family Member or Support Person
- Prefer not to be identified with a group

Cancellations: Cancellations received in writing or online before October 31st will receive a refund less a $15 administrative fee.

Additional Dates and Locations
September 23 - Seattle, WA
October 22 – Mountain View, CA

For Further Information
tel 916-391-0549 toll free 800-423-9882 or www.healingjourneys.org