



support healing, activate hope, promote thriving

PO Box 221417  
Sacramento, CA 95822

### **The Cancer-Fighting Kitchen**

**SATURDAY, AUGUST 4, 2012**

**9:00 a.m. TO 3:00 p.m.**

**Wharfinger Building**

#1 Marina Way

Eureka, CA 95501

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.

Nonprofit Org.  
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Sacramento, CA  
Permit # 1704



# Healing Journeys

support healing, activate hope, promote thriving



**Humboldt Community  
Breast Health Project**

Present

## **The Cancer-Fighting Kitchen**

Rebecca Katz, MS *and* Lise Alschuler, ND

August 4, 2012 • Eureka, CA



supporting sponsors

**Northcoast Co-op**

**St. Joseph Health System - Humboldt County**

**Evans Mechanical**

**Locally Delicious**

**Chautauqua Natural Foods**



**REBECCA KATZ, MS**, is the author of *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](http://www.rebeccakatz.com)



**LISE ALSCHULER, ND**, is board certified in naturopathic oncology and has been practicing naturopathic medicine for 17 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 *CancerThrivrs*, 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 is a breast cancer thriver.  
[www.drlise.net](http://www.drlise.net)

# 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 Rebecca Katz, MS
- 12:30 p.m. Nutritious Delicious Lunch of the same recipes  
Rebecca has demonstrated
- 1:30 p.m. Discussion and Q&A with Rebecca Katz  
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 July 16
- Registration \$109 if received by July 31
- Late Registration \$125 after July 31 (if space available; 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](http://www.healingjourneys.org), or call (800) 423-9882 to have a form sent to you. **Applications must be received by July 23.**

### Location

**Wharfinger Building**  
#1 Marina Way • Eureka, CA 95501  
*Parking is free.*



### Date and Time

Saturday, August 4, 2012 • 9:00 a.m. to 3:00 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 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 to the Commission on Dietetic Registration for approval for 5 CPEUs. There is an additional \$10 processing fee for Continuing Education credits.

### Cancellations

Cancellations received in writing or online by July 31 will receive a refund for the workshop fee and CEs, less a \$25 administrative fee.

### Additional Dates and Locations

November 3, 2012 – Portland, OR

### For Further Information

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

## The Cancer-Fighting Kitchen Wharfinger Building

#1 Marina Way, Eureka, CA 95501

Saturday, August 4, 2012 - 9:00 a.m. to 3:00 p.m.

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

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

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

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

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

- Early Registration: \$89 if received by July 16, 2012
- Registration: \$109 if received by July 31, 2012
- Late Registration: \$125 after July 31, 2012  
(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)