



**A sampling of the feedback after the workshop in Sacramento, CA on October 4, 2013  
with Lise Alschuler, ND, and Laura Pole, RN, MSN**

- Thank You! I learned a lot in a short amount of time and it was enjoyable and delicious.
- So glad we came! Great booklet, so I could listen and not miss any info. Both speakers were amazing! Well done, very informative and very well organized. Come again soon, we have more friends with cancer that would benefit from both Lise and Laura!
- I feel so much more confident that I can continue to be cancer free because of this information.
- This has been a very insightful workshop. Helpful to be able to see the food demonstration and taste the food. Shopping the perimeter at the grocery store will be more fun!
- What a gift. Thank you so much for helping in my education about this new adventure in my life.
- Amazing. I was wondering how any workshop could be better than the one in Loomis on 11/3/2011. Lise is amazing. I wish I could infuse her vast knowledge into my long-term memory to be able to share with the myriads of cancer patients I see weekly. Very dynamic presenter. Loved the way she described gene expression with paper clips and post-its, etc.
- This was really helpful. I already have a consult scheduled with Dr. Alschuler. I am ready to change what I eat to prevent a recurrence.
- Absolutely loved the whole day! Learned so much, inspired me to eat better!! Lise is so intelligent and shared her knowledge easily! Highly recommended!
- Thank you for such an important experience.
- So glad I came! Thanks for the scholarship! I learned so much to keep me going and going, hopefully. Already did some diet changes; love the spice idea. I need all the ammunition I can get.
- Great program. The Q & A was most helpful.
- I learned about the value of adding spices; buying grass fed beef and dairy, garlic and onions; weight-bearing exercise – climb stairs; 7 – 8 hours sleep; eating colors of the rainbow vegetables. Lise explains complicated concepts in simple to understand words. Laura's demonstrations of how to prepare foods helps to give me confidence to improve my cooking. Very good presentations.
- Lise - clear, dynamic presentation. Laura - I'm motivated to include curcumin in more dishes. Q & A excellent.
- My first experience and it is very memorable. Enjoyed the food (healthy) immensely. Will come back for sure!
- Thanks – this was helpful for my well-being, self-esteem, desire and motivation to not give up!
- Lise is an incredible speaker - so knowledgeable; delightful; interacts well with the audience and great educator! Laura was entertaining, knowledgeable and a great chef! Thank you.
- Outstanding conference - Wonderful food! Excellent.
- Thank you Lise for sharing your great intellect as well as beautifully, well- pronounced words and quality communication! Thank you Laura for not only walking your talk but also singing and dancing. Thank you both so very much for being and weaving together all day long. What a professional sisterhood!!
- Loved it all - I have high cholesterol and all of this info will help me tremendously! Thanks so much for doing this work!!
- Really liked the simple recipes that we actually got to eat.