



support healing, activate hope, promote thriving

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**The Cancer-Fighting Kitchen:
Nourishment for Life**

SATURDAY, JULY 12, 2014
9:00 a.m. TO 4:00 p.m.

Bastyr University Auditorium
14500 Juanita Dr. NE
Kenmore, WA 98028
(Seattle)

Approved for 7 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



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Presents

The Cancer-Fighting Kitchen: Nourishment for Life

July 12, 2014 • Kenmore, WA

Lise Alschuler, ND *and* Laura Pole, RN, MSN



LISE ALSCHULER, ND, is board certified in naturopathic oncology and has been practicing naturopathic medicine for 20 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 follow-up book, *The Definitive Guide to Thriving After Cancer: A Five-Step Integrative Plan to Reduce the Risk of Recurrence and Build Lifelong Health*, was published in October 2013. They have created *FiveToThrivePlan*, 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 and 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. She 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



The Cancer-Fighting Kitchen

SCHEDULE FOR THE DAY

- 8:00 a.m. Registration opens
9:00 a.m. Introduction - Jan Adrian, MSW, Dir. of Healing Journeys
9:15 a.m. *Foundational Nutrition for Optimizing Cancer Survivorship*
Lise Alschuler
10:15 a.m. Movement with Laura Pole
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. Introduction to Guided Imagery - Jan Adrian
2:00 p.m. *A Day in the Life of a Healthy Survivor* - Lise Alschuler
2:45 p.m. Break
3:00 p.m. Movement with Laura Pole
3:15 p.m. Q&A with Lise and Laura
4:00 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;
- 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;
- The role of exercise in nourishing health during and beyond cancer treatment;
- How to integrate nourishing self-care practices into your life.

WORKSHOP INFORMATION

Registration Fee (includes lunch)

Early Registration \$89 if received by June 16
Registration \$109 if received by July 7
Late Registration \$125 after July 7 (if space available; may not include lunch)

Location

Bastyr University Auditorium (Seattle)
14500 Juanita Dr., NE, Kenmore, WA 98028



Date and Time

Saturday, July 12, 2014 • 9:00 a.m. to 4:00 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 7 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.

Washington Boards will accept California Board approval.

There is an additional \$10 processing fee for Continuing Education credits.

Cancellations

Cancellations received in writing or online by July 7th will receive a refund for the workshop fee and CEs, less a \$25 administrative fee.

Additional Dates and Locations

May 30, 2014 Macon, GA. For information: 478-254-5225 or www.centralGAcancer.org

DVDs of a previous workshop are available for purchase at www.healingjourneys.org

For Further Information

email info@healingjourneys.org
tel 916-391-0549 toll free 800-423-9882
or www.healingjourneys.org

The Cancer-Fighting Kitchen: Nourishment for Life

Bastyr University Auditorium (Seattle)
14500 Juanita Dr., NE, Kenmore, WA 98028
Saturday, July 12, 2014 - 9:00 a.m. to 4:00 p.m.

Note: You may register online or by mail/fax.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ EMAIL: _____

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

- Early Registration: \$89 if received by June 16, 2014
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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 \$ _____

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SIGNATURE _____

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Healing Journeys

Post Office Box 221417, Sacramento, CA 95822
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