



**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 UC 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 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)



**Jeanne Wallace, PhD, CNC** is an authority in integrative cancer care, educating cancer patients and their health-care providers about evidence-based dietary, nutritional and botanical support to complement conventional oncology care. After

earning her PhD in Nutrition in 1998, Dr. Wallace pioneered a multi-modal approach using nutrition to target multiple aspects of cancer physiopathology. She specializes in primary malignant brain tumors and also has extensive experience working with other cancers. She is the author of numerous articles, has lectured widely on cancer and nutrition, and serves as a consultant to many oncologists and cancer centers across the U.S. and abroad. She is Board Certified in Holistic Nutrition, and is a member of the National Association of Nutrition Professionals and the Society of Integrative Oncology. [www.nutritional-solutions.net](http://www.nutritional-solutions.net)



support healing, activate hope, promote thriving

P.O. Box 221417, Sacramento, CA 95822

(800) 423-9882

[www.healingjourneys.org](http://www.healingjourneys.org)

### The Cancer-Fighting Kitchen

Friday, November 5, 2010  
9 a.m. to 3:30 p.m.

Yountville Community Center  
6516 Washington Street  
Yountville, CA 94599



Non Profit Org  
US Postage  
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Permit #103

Queen of the Valley Medical Center presents:

# THE CANCER- FIGHTING KITCHEN

with Rebecca Katz, MS & Jeanne Wallace, PhD

Approved for 6 CE's for RN, MFT, LCSW  
Approved for 3 CME credits for physicians.



Queen of the Valley  
Medical Center  
ST. JOSEPH  
HEALTH SYSTEM

# SCHEDULE FOR THE DAY

- 8:00 am Registration open  
\*9:00 am *Expanding the Model of Cancer Treatment: How Diet and Nutrition Can Help Control Cancer* – Jeanne Wallace, PhD  
10:30 am Break  
10:45 am Cooking Demonstration with Rebecca Katz, MS  
12:15 pm Nutritious Delicious Lunch  
1:30 pm Presentation of Queen of the Valley Wellness Center  
\*1:45 pm Q & A with Jeanne Wallace and Rebecca Katz  
3:30 pm End of program  
*\*Approved for CME credit.*

## WHO SHOULD ATTEND

- Physicians who diagnose and manage oncology patients
- Other Healthcare providers
- Women and men touched by cancer or any life-altering illness
- People supporting friends or family coping with cancer or other illness

## WORKSHOP OBJECTIVES

- Develop integrative nutrition protocols which focus on the inter-relationship between cancer cells and the host “terrain” (i.e., Oncometabolic Syndrome).
- Utilize standard lab testing to evaluate nutritional factors that may influence cancer outcomes.
- Implement evidence-based diet and lifestyle counseling to complement cancer care by modulating variables of Oncometabolic Syndrome.
- Change current dietary guidelines provided to cancer patients to avoid key food/nutrient contraindications.
- Compare conflicting data and controversial claims of various anti-cancer diets and dietary supplements from a non-dogmatic, evidence-based model and be able to confidently answer common patient queries about these.
- Learn diet strategies that strengthen the body’s resistance to cancer, complement medical care and bolster recovery after treatment.
- Discover specific foods, herbs, and spices that can significantly boost the body’s innate ability to resist cancer.
- Understand which foods are most important to avoid (and explore healthy substitutes).
- Demonstrate, with audience participation, how to use flavor carriers to create healthy food that tastes great and is good for you.

# WORKSHOP INFORMATION

## REGISTRATION FEE

- \$79 Early Bird Registration by October 18th  
\$99 Regular Registration by November 1st  
\$125 After November 1st (space as available and will not include lunch)

## LOCATION

Yountville Community Center  
6516 Washington Street, Yountville  
*Parking is free.*

## DATE AND TIMES

Friday, November 5th, 2010  
9 a.m. to 3:30 p.m.

## LUNCH

A delicious, healthy lunch, using recipes from Rebecca’s books, will be provided.

## CONTINUING EDUCATION

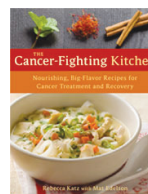
Healing Journeys is approved by the CA Board of Registered Nursing, Provider No. CEP 10808 and by the CA Board of Behavioral Sciences, Provider No. PCE 953. There is an additional \$10 processing fee for 6 CE credits.

This activity has been planned and implemented in accordance with the Institute for Medical Quality and the California Medical Association’s CME Accreditation Standards (IMQ/CMA) through the Joint-Sponsorship of Queen of the Valley Medical Center and Healing Journeys. Queen of the Valley Medical Center is accredited by IMQ/CMA to provide continuing medical education for physicians. Queen of the Valley Hospital takes responsibility for the content, quality and scientific integrity of this CME activity.

Queen of the Valley Medical Center designates this educational activity for a maximum of 3.0 AMA PRA Category 1 Credit™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This credit may also be applied to the CMA Certification in Continuing Medical Education.

## CANCELLATIONS

If cancellations are received in writing prior to November 1st, a refund (less a \$15 processing fee) will be made. No refunds after November 1st. Email [info@healingjourneys.org](mailto:info@healingjourneys.org).



*Specially priced copies of “The Cancer-Fighting Kitchen” will be offered at the workshop*

# CANCER-FIGHTING KITCHEN

## REGISTRATION

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Cell/Work: (\_\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_

I want Continuing Education for an additional \$10.

Type of license: \_\_\_\_\_

License number: \_\_\_\_\_

Register Online: [www.healingjourneys.org](http://www.healingjourneys.org)

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By Mail: P.O. Box 221417, Sacramento, CA 95822

Make checks payable to: Healing Journeys

## PAYMENT

Check amount enclosed: \$ \_\_\_\_\_

MC/Visa Only : \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Security code: \_\_\_\_\_

Billing Address: \_\_\_\_\_

Signature: \_\_\_\_\_

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