



support healing, activate hope, promote thriving

PO Box 221417
Sacramento, CA 95822

The Cancer-Fighting Kitchen
SATURDAY, OCTOBER 22, 2011
9:00 a.m. to 3:30 p.m.

El Camino Hospital Conference Center
2500 Grant Road
Mountain View, CA 94040

Approved for 6 CE credits for RN, MFT, LCSW
This program has been approved by the Commission on
Dietetic Registration for 5 CPEUs.

Nonprofit Org.
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Sacramento, CA
Permit # 1704



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Present

The Cancer-Fighting Kitchen

Rebecca Katz, MS

and

Lise Alschuler, ND



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 Commonwealth 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



LISE ALSCHULER, ND is board certified in naturopathic oncology and has been practicing naturopathic medicine for 17 years. Dr. Alschuler is the immediate 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 next book, *Five to Thrive: Your Cutting-Edge Cancer Prevention Plan*, will be published in September 2011. They have created *CancerThrivors*, 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. 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
- 10:50 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
- 2:30 p.m. Q&A with Lise Alschuler
- 3:30 p.m. End of program



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;
- 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 postmarked or received online by September 26
- Registration \$109 if postmarked or received online by October 17
- Late Registration \$125 after October 17 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, or call (800) 423-9882 to have a form sent to you. **Applications must be received by October 10.**

Location

El Camino Hospital Conference Center
2500 Grant Road • Mountain View, CA 94040
Parking is free



Date and Time

Saturday, October 22, 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

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. There is an additional \$10 processing fee for 6 Continuing Education credits. This program has been approved by the Commission on Dietetic Registration for 5 CPEUs.

Cancellations

Cancellations received in writing or online before October 17 will receive a refund for the workshop fee and CEs, less a \$15 administrative fee.

Additional Dates and Locations

September 23 – Seattle, WA
November 4 – Loomis, CA (Sacramento)

For Further Information

800-423-9882 or www.healingjourneys.org

The Cancer-Fighting Kitchen
El Camino Hospital Conference Center
2500 Grant Rd., Mountain View, CA 94040
Saturday, October 22, 2011 - 9:00 a.m. to 3:30 p.m.

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ CELL/WORK: _____

EMAIL: _____

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

- Early Registration: \$89 if received by September 26, 2011
 - Registration: \$109 if received by October 17, 2011
 - Late Registration or Walk-in: \$125 (if space available; may not include lunch)
 - \$10 additional fee for 6 Continuing Education Credits
- License #: _____ Kind of License: _____

CONTINUING EDUCATION: 6 CE credits approved for RN, MFT, and LCSW

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 program has been approved by the Commission on Dietetic Registration for 5 CPEUs.

*Our *Cancer as a Turning Point* conferences are free. To help us cover the cost of providing them, we also offer fee-based workshops.

CANCELLATIONS: Cancellations received in writing or online before October 17th will receive a refund less a \$15 administrative fee.

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