Present
The Cancer-Fighting Kitchen
Rebecca Katz, MS
and
Lise Alschuler, ND

El Camino Hospital
THE HOSPITAL OF SILICON VALLEY

Healing Journeys
support healing, activate hope, promote thriving

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

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

Approved for 6 CE credits for RN, MFT, LCSW
This program has been approved by the Commission on Accreditation for Education in Journalism and Mass Communication.

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2500 Grant Road
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NONPROFIT ORGANIZATION
Postage Paid
Sacramento, CA 95822

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 healthcare 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

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 Cancer Thrivers, 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.drelise.net
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
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

WHO SHOULD ATTEND

• 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
Late Registration $125 after October 17 if space available
(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 workshop 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.

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. 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 CE credits, 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

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