



support healing, activate hope, promote thriving

PO Box 221417
Sacramento, CA 95822

The Cancer-Fighting Kitchen

FRIDAY, SEPTEMBER 23, 2011
9 A.M. TO 3:30 P.M.

Bastyr University Auditorium

14500 Juanita Dr. NE
Kenmore, WA 98028

Approved for 6 CE credits for RN, MFT, LCSW

Nonprofit Org.
US Postage PAID
Sacramento, CA
Permit # 1704



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CANCER
CENTER

Present

The Cancer-Fighting Kitchen

Rebecca Katz, MS

and

Jeanne Wallace, PhD



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 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



JEANNE M. WALLACE, PHD, CNC, is widely regarded as one of the nation's most prominent experts in nutritional oncology. She is the Director of the Nutritional Solutions Consulting Group, providing evidence-based consulting to cancer patients throughout the U.S. and abroad since 1997. She is an independent consultant to oncol-

ogists and other healthcare providers, lectures widely at cancer conferences, and provides educational training to integrative cancer centers. Dr. Wallace is board certified in Holistic Nutrition, and is a member of the National Association of Nutrition Professionals and the Society for Integrative Oncology. Her unique focus is on empowering individuals to harness the power of simple diet and lifestyle changes to modulate the Oncometabolic Milieu, a cluster of nutritional and metabolic factors that translational research has shown can influence the growth and progression of cancer. www.nutritional-solutions.net



SCHEDULE FOR THE DAY

- 8:00 a.m. Registration opens
- 9:00 a.m. Presentation by Jeanne Wallace, PhD
- 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 Jeanne Wallace
- 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;
- To utilize standard lab testing to evaluate nutritional factors that may influence cancer outcomes;
- 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;
- To compare conflicting data and controversial claims of various anti-cancer diets and dietary supplements from a non-dogmatic, evidence-based model;
- 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 August 29
 Registration \$109 if postmarked or received online by September 19
 Late Registration \$125 after September 19 (*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 September 12.**

Location

Bastyr University Auditorium
 14500 Juanita Dr. NE • Kenmore, WA 98028
Parking is free



Date and Time

Friday, September 23, 2011 • 9 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.

Washington Boards will accept California credit.

Cancellations

Cancellations received in writing or online before September 19 will receive a refund for the workshop fee and CEs, less a \$15 administrative fee.

Additional Dates and Locations

October 22 – Mountain View, CA
 November 4 – Loomis, CA (Sacramento)

For Further Information

800-423-9882 or www.healingjourneys.org

The Cancer-Fighting Kitchen Bastyr University Auditorium

14500 Juanita Dr., NE Kenmore, WA 98028 (Seattle)
 Friday, September 23, 2011 - 9:00am to 3:30pm

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ CELL/WORK: _____

EMAIL: _____ FAX: _____

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

- Early Registration: \$89 if received by August 29, 2011
 - Registration: \$109 if received by September 19, 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. Washington Boards accept California Board approval.

*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 September 19th 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