

Focused Workshops for Established CIM Patients By Physician Referral

Pre-register (614) 293-9777

1st Tuesday, 5-6pm: Balancing Omega 6:3 Ratios using KIM-2 concepts and other web-based resources. This class will relate to the role of Omega-6 in inflammation, biomarkers, and the monocyte count in your labs.

2nd Tuesday, 5-6pm: Understanding Gluten, Soy, Flax, and Latex in Foods. This class will relate to TSH, TPO, PTH, lipids, ALT, AST, HLA DQ 2,8 in your labs as well as a number of disorders such as digestive, neurological, endocrine, and metabolic.

3rd Tuesday, 5-6pm: Understanding the Health Impacts of Carbohydrates. This class will relate to low-HDL cholesterol disorders, metabolic syndromes, hypertension, TPO, TSH, PTH, ALT, AST, sed rates, and C-reactive protein in your labs.

4th Tuesday, 5-6pm: Adapting Recipes and Reading Food Labels. Bring food labels or recipes you would like to adapt. This class will focus on understanding how to plan meals based upon Nutrigenomic Principles.

Saturdays, 9-11am: Understanding the Roles of Omegas 6:3 and Carbohydrates in Your Health.

This class will review some basic concepts from Nutrigenomics and introduce you to resources for further research.

New Class! 2nd Monday, 5-6pm: Living With Cancer. This class will focus on the Nutrigenomic principles as applied to people living with cancer. We will also explore other life domains impacted by cancer and resources that are available.

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 No Class	4	5	6	7 KIM Class 9-11a
8	9 Living with Cancer 5-6p	10 Gluten, Latex in Foods 5-6p	11 Veterans Day	12	13	14 No Class
15	16	17 Carbs 5-6p	18	19	20	21 KIM Class 9-11a
22	23	24 Adapting Recipes 5-6p	25	26 Thanks- giving	27 Holiday	28 No Class
29	30					

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