



NUTRILICIOUS WORKSHOP 6th May 2017

*“Our food should be our medicine and our medicine be our food”
Walking is a man’s best medicine
All Disease starts in the gut”*

Hippocrates 460-377 BC

Join us for a cooking and nutrition workshop simply bursting with tips and techniques to prepare anti-inflammatory foods for ultimate wellness. You will learn to choose foods to nourish your body, maximize nutrient absorption, improve your thyroid health and assist with better hormone balance. Learn about the top anti-inflammatory foods to improve your innate immune system. Research has shown that adopting an anti-inflammatory diet is helpful in fighting disease processes such as heart disease, diabetes, Alzheimer’s, rheumatoid arthritis, just to name a few.

We subscribe to a wholefoods plant based model - which advocates real food, mostly plants, seasonal vegetables & legumes, fresh fruit, nuts and seeds and their milks, organic eggs and small amounts of fish or other organic meats where necessary. In other words, a wide range of real food in moderation. You will also see and taste an Asian infused menu which has been adapted to a Perth lifestyle using locally sourced organic ingredients.

The health benefits of eating mainly plant based wholefoods are many:

- More energy , getting more out of your day
- Feeling healthier and happier
- Help your kids / whole family to eat better, make better choices
- Connect better to your body and environment, providing balance inside and out
- Improved immunity and general wellness
- Even Save money!

Enjoy the variety of your food and become more mindful of what you put into your mouth! Studies have suggested that a plant based wholefoods model can reduce the risk of chronic diseases such as diabetes, heart disease, cancer and obesity.

This interactive demonstration cooking workshop is packed with different dishes created with your optimal health in mind. These dishes are filled with the freshest, most nutritious foods we can get our hands on.

Recipes & Tastings:

- Liver Zing Starter
- Green Revive Super Smoothie
- Kichari Detoxifying Porridge
- Cashew and Herb Pesto with Nut and Seed Bread
- Kelp Noodle Stir Fry
- Vegetarian Nori Rolls
- Chocolate Matcha Brownie
- Turmeric Latte with Home Made Almond Milk



VENUE: Prescriptive Fitness, Cottesloe

Early Bird Price: \$ 85 by 22nd April | Full Price: \$100