

Nutrition for the Soul



Join **Gloria Allison** Clinical Nutritionist and Yoga Teacher in a series on Nutrition for nurturing your Soul. This series will be every 2nd Tuesday beginning October 6th for 8 classes through April 2010. Nutrition from a Holistic perspective, essentially nutrition God's way to encourage spirit too flow through you easier. Nutrition that will make you closer to God, healthier, and help conserve the earth in reference to biblical passages. This series

will give you the tools and knowledge to decide for yourself how you want to approach healthy nutrition that works for you.

Gloria is a certified Holistic Clinical Nutritionist from the Natural Healing Institute of Naturopathy in Encinitas, CA and a Certified Yoga Teacher. She has practiced as a nutrition and detox counselor in Southern California, and she was an intern with the Gerson Institute working with healing cancer patients with whole body detox, juicing, and whole foods. Gloria's life experiences with being Anorexic in High School, overweight in her early 20's, and her addiction to the gym help her relate to a wide range of people. Nutrition is one of the puzzle pieces for nurturing Mind, Body and Spirit for a whole body experience.

What is Nutrition for the Soul? Tuesday, October 6th 7-8pm Love Donation

Series #1 Nutrition for the Soul, Basics. Recommendations on what to eat, not to eat, and why.

Series #2 Nutrition for the Soul, A Healthy Kitchen

Series #3 Nutrition for the Soul, Healing properties of Herbs and Foods, Recipes

Series #4 Nutrition for the Soul, Eating for Flexibility-dissolving arthritis-acid crystals

Series #5 Nutrition for the Soul, Essential Supplements

Series #6 Nutrition for the Soul, Exploring Dietary Systems

Series #7 Nutrition for the Soul, Juicing, How to and Benefits

Series #8 Nutrition for the Soul, Detox. How and why