



## Rosen Wellness Courses and Seminars

Rosen Wellness offers three types of programs – general nutrition and healthy lifestyle classes (tailored for one to two hour time slots), in-depth classes (tailored for two to three hour time slots), and multiple meeting programs (three or eight week programs).

### **NUTRITION AND HEALTHY LIFESTYLE CLASSES**

#### Nutrition Basics

Learn the nuts and bolts of nutrition – protein, carbohydrates, fats, vitamins and minerals. There are all kinds of diets being marketed to the American public: low carbohydrate, high carbohydrate, low fat, high fat, low protein, and high protein. How do we know what is good for us? The truth is that we need carbohydrates, fats and proteins for our bodies to operate. However, all carbohydrates, fats and proteins are not created equal. Learn why we need these in our diet and how to make healthy choices. For each of these nutrients you'll learn what they are, what they do in the body, why we need them, and dietary sources.

#### Ten Foods to Have in Your Healthy Diet

We are often told what not to eat. In this class learn the ten foods that should be included in your diet that will have an immediate healthful impact. Learn what the foods are, why you need them, and suggestions for how to incorporate them into your diet.

#### Ten More Foods to Have in Your Healthy Diet

We are often told what not to eat. In this class learn about an additional ten foods that should be included in your diet that will have an immediate healthful impact. Learn what the foods are, why you need them, and suggestions for how to incorporate them into your diet.

#### Energize Your Life: Forty Energy Boosters

Are you looking for more energy and vitality? There are many ways to boost energy in a natural way. Learn how to invigorate your body and mind through diet, relaxation, sleep, and exercise.

#### Strategies for Successful Weight Loss

Many of us want to know – what is going on? I watch what I eat, I exercise regularly, but I am not losing weight. Others of us have tried a variety of diet programs with varying degrees of success, but often once the diet is over, we gain the weight back. There are many factors that influence our ability to lose weight. Among these are certainly the



foods we eat and what we drink, how often and how long we exercise, and often overlooked – how we manage the stress in our daily life.

### (My Tummy Hurts) Natural Methods to Improve Digestion

We've all heard the old saying - we are what we eat. Yet, there is much more to the story. We are what we digest. Much of the U.S. population experiences some form of digestive problems – gas, bloating, heartburn, constipation, and/or diarrhea. In this workshop we'll learn the role of food, enzymes, and beneficial bacteria in improving our digestion.

### Meet Your Hormones

What's controlling all aspects of your life and you may not even know it? Your hormones - they control, manage, direct, and define every aspect of your daily life. Learn the key hormones and what they do for you.

### The Joy of Relaxation... Simple Stress Management Techniques

Stress is the most widespread affliction in our fast paced world. It affects people of all ages. It comes from a wide variety of sources and is at the root of many common cardiovascular, digestive, energy, and weight complaints. Learn the impact of stress on your body, but more importantly learn techniques to reduce its effects.

### Rejuvenation... The Five Tibetan Rites of Rejuvenation

Come learn these simple techniques to improve your physical and mental vitality. Practiced by a remote sect of Tibetan monks, these rites were brought to the West by a British Army colonel fascinated by stories of monks that had discovered the secret to longevity. The Five Tibetans are a great way to start the day. The complete practice requires only 10-15 minutes.

### The Truth about Fat and Cholesterol

We often hear warnings about eating foods that contain fat and cholesterol because they will lead to cardiovascular disease and heart attacks. From this we conclude these are bad for us. Yet, the truth is both are required and continuously used by our body and is made in our liver. If we did not need cholesterol, our body would not make it. In this workshop you'll learn why we need fat, the different types of fat, why we need cholesterol, and suggestions for consuming healthy fats to nourish your body.



### Eat Fat, Lose Fat

Ever notice how everyone on a “low fat” diet is gaining weight? We often hear warnings about eating foods that contain fat because they will lead to cardiovascular disease and heart attacks. From this we conclude fat is bad for us. Yet, the truth is we need it. In this workshop you’ll learn why we need fat, the different types of fat, and suggestions for consuming healthy fats to nourish your body.

### Good Supplements, Bad Supplements

One day you hear Vitamin X is good for you; the next day you hear it has no benefits. Why is this? Let me ask you this question: Have you ever seen a Vitamin C tree? Despite what most vitamin companies tell you, vitamins made in a laboratory and those made in nature work differently in your body. In this workshop you’ll learn the difference between investing in your health and flushing your money down the toilet.

### Know Your Nutrients

Your intake of vitamins and minerals are major keys to your health. They fuel your metabolism; essentially they make things happen in your body. Come learn about the most important vitamins and minerals, what they do, and what foods you should eat to get them.

### Healthy Aging

Tired of hearing from your doctor, “That’s just a sign of age, there’s nothing you can do about it?” Learn how to age in a healthy manner and reduce the effects of aging. We’ll look at all the lifestyle factors that influence how you age and discuss how to create a healthier lifestyle. Learn about supplements to specifically support the body.

### Women’s Health - Aging Gracefully and Managing Menopause

An introduction to female sex hormones – what they are, where they come from, and what they do in our bodies. Hormones are very powerful substances that influence most of the activities in our body. When not in proper balance a variety of symptoms can be present. Learn how your sex hormones may be affecting you and what you can do about it.

### Men’s Health - Healthy Aging for Men

Tired of hearing from your doctor, “That’s just a sign of age, there’s nothing you can do about it?” Learn how to age in a healthy manner and reduce the effects of aging. We’ll look at all the lifestyle factors that influence how you age and discuss how to create a healthier lifestyle. Learn about supplements to specifically support the male body. This



class is designed both for men and for their supportive partners to better understand men's health issues.

### Men's Health – Natural Methods for Prostate Health

By the age of 50 – 75% of men have enlarged prostates. By the age of 50 – 33% of men have cancer cells in their prostates. And, by the age of 75 – 75% have cancer cells in their prostates. Are you tired of hearing from your doctor, “That’s just a sign of age, there’s nothing you can do about it?” We’ll look at the dietary and lifestyle factors that actually lead to prostate problems and discuss natural methods for better prostate health.

This class is designed both for men and for their supportive partners to better understand men's health issues.

### Men's Health - Nutrition and Erectile Dysfunction

Over 50% of men between the ages of 40 and 70 suffer from erectile dysfunction. It is not only they that suffer, but their loved ones also. While pharmaceutical options can help with this condition in the short term, they have many side effects and are not in any way addressing the underlying cause. Learn the natural ways through diet and supplementation to improve this condition and regain your sexual health and vitality.

### Cleaning Up Your Body – The Detoxification Program

Our body is constantly exposed to toxins that are in the food we eat, the air we breathe, and throughout or home and/or work environments. These toxins all need to be processed by the liver. It is always a great time to give your liver a break and explore a detoxification program. The program and its benefits will be introduced.

### The Pioneers of Nutrition

Did you know that back in the 1930's and 1940's several nutrition researchers had made connections that our Western diet based on refined and processed food was contributing to increasing rates of chronic disease? Yet, no one believed them and worse yet termed them as "quacks". Who are they and what did they discover? Come meet the pioneers of nutrition - Dr. Weston Price, Dr. Frances Pottenger, and Dr. Royal Lee.

### Get the Sugar Out

We're all told to eat less sugar. Excess sugar consumption has been linked to more than sixty different ailments. But we all like it very much. This workshop will review why sugar is dangerous to our health, but more importantly offer practical tips on how to reduce our sugar consumption.



### Get the Salt Out

Just like sugar, we're also told to watch our sodium (salt) consumption. But there's more to the story. We do need sodium for optimal performance. This workshop will review the true facts about sodium and salt and provide practical tips on how to get the salt that you do need and avoid what you don't need.

### Guess What Came to Dinner?

Do you feel tired? Do you have digestive problems? Do you have food sensitivities or environmental intolerances? Have you developed new allergies? Believe it or not, you may be an unsuspecting victim of the parasite epidemic that is affecting millions of Americans. This workshop will introduce you to these unfriendly critters, why they are on the rise, what they can do to you, how to avoid them, and how to get rid of them.

### Food Shopping Made Healthy and Easy

We can leave for the grocery store with all of the best intentions to buy "healthy food." But, when we reach the store we are confronted with a variety of health claims on food packaging. In this class, we'll look at food labels and recommended daily allowances to better understand what you are purchasing at the grocery store and ultimately eating. Learn how to cut through the hype of marketing claims.

### Yoga Nidra

Yoga Nidra is a technique for deep relaxation and restoration. The intent of the practice is to systematically relax all physical and mental stress, and on a deeper level relieve all negative subconscious tendencies. When combined with "sankalpa" (resolution), Yoga Nidra offers the ultimate means to access vitality and at the same time establish new and inspiring life directions. During the workshop you'll create your "sankalpa" and experience Yoga Nidra. Please bring a pillow and light blanket or other body covering to this workshop.

## **IN-DEPTH CLASSES**

### Nutrition Boot Camp 1 (Fundamentals of Nutrition)

Learn the basics of nutrition - what to eat and why. Discover the core nutrients - protein, fat, carbohydrates, vitamins, minerals, and water - and why they are important. This information will aid you in making better choices. You'll leave with food shopping lists, ideas for healthy meals, a step by step transition to a healthier diet, and a sample week of healthy eating.



## Nutrition Boot Camp 2 (Nutritional Anatomy)

Learn how to use nutrition to address common ailments and symptoms that people suffer from. Includes: digestive problems (acid reflux, gas, bloating, constipation, diarrhea), aches & pains, inflammation, blood sugar, high cholesterol, fatigue, stress, emotional issues (anxiety, depression, mood swings, PMS), and hormones.

## Rejuvenation and Relaxation

**Rejuvenation:** Come learn these simple techniques to improve your physical and mental vitality. Practiced by a remote sect of Tibetan monks, these rites were brought to the West by a British Army colonel fascinated by stories of monks that had discovered the secret to longevity. The Five Tibetans are a great way to start the day. The complete practice requires only 10-15 minutes.

**Relaxation:** Stress is the most widespread affliction in our fast paced world. It affects people of all ages. It comes from a wide variety of sources and is at the root of many common cardiovascular, digestive, energy, and weight complaints. Learn the impact of stress on your body, but more importantly learn techniques to reduce its effects.

## **MULTIPLE MEETING PROGRAMS**

### Ninety Days to Better Health and Living

What we eat, what we do, and what we think have a direct impact on our current and future state of health. The Ninety Days to Better Health and Living Program is designed to optimize your health. You will learn the healthiest foods to eat, how to create meals, where to shop for your food, and most importantly learn what happens in your body from the foods you eat. The program consists of twelve meetings. The first two set the foundation. They include goal setting and basic nutrition education. The subsequent ten meetings include weekly food diary reviews and assignments, along with more in depth discussion and education on a variety of nutrition topics.

### Taking Responsibility for Your Health –Exploring Nutrition and Lifestyle Choices

The goal of the workshops is to provide a basic understanding of nutrition so that participants can learn right away how to make dietary and lifestyle changes. The series will consist of three one and a half hour sessions.

#### Session 1:

In the opening session the holistic approach to nutrition will be introduced. The impact of stress – from food and from non-food sources – will be presented as a key underlying cause of dis-ease and poor health. The basics of nutrition – protein, carbohydrates, and fats – are explained along with suggestions to get you eating healthier right away.



**Session 2:**

In the second session the remaining key nutrients – vitamins and minerals are discussed. Information on the effects of stress on the body will be presented. More detailed will be provided on healthy food choices along with information on organic and conventional farming and meat production.

**Session 3:**

In the third session two additional key factors to good health are discussed. This session examines digestive system and the immune system highlighting the significant role they play in our overall health and well being. The program concludes with lifestyle recommendations to reduce stress levels and live healthier.