



Rosen Wellness Courses and Seminars

Rosen Wellness offers three types of programs – general nutrition classes (tailored for one to two hour time slots), classes addressing specific health concerns (tailored for one to two hour time slots), and multiple meeting programs (three or eight week programs).

GENERAL NUTRITION 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.

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 which hormones are key and what they do for you.



Artificial Sweeteners (Safe or Not?)

Artificial sweeteners are used in a wide variety of products and we are told they are perfectly safe. However, there is significant evidence that this may not be the case. In this workshop you'll learn how natural sugars and artificial sugars impact the body, the potential dangers that artificial sweeteners present to us, and suggestions for selecting which sweeteners to use.

Rethinking Your Favorite Foods (There's a Reason it is Called "Junk")

This seminar includes an overview of the basics of nutrition and how to determine your caloric needs. With that background, we'll look at the ingredients of popular foods, their nutritional value, and why you may want to rethink your choice of eating them. Foods to be included are: candy; potato chips; donuts; fast food hamburgers, chicken, and pizza; soft drinks (diet and regular); and coffee. Several suggestions will be offered on how you can start to eat healthier on a regular basis.

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.

Natural and Traditional Remedies for Common Ailments

Take back your health naturally - without the drugs, side effects, and hassle! Learn the foods, vitamins, minerals, herbs, and natural treatments such as exercise and relaxation that can help reduce your symptoms.

What Should I Eat?

After a quick review of the basics of nutrition and sources of protein, carbohydrates and fats, we'll explore in detail how to make healthier food choices. The following food groups will be discussed: fruits and vegetables, legumes, grains, dairy products and eggs, fish, seafood, meat and poultry, beverages, oils, nuts and seeds, and condiments. We'll also learn about pesticide levels in foods and which foods you may want to consider buying organically grown.



CLASSES ADDRESSING SPECIFIC HEALTH CONCERNS

Strategies for 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. You'll learn:

Why “low fat” foods may not help us lose weight.

Why “sugar free” foods may not help us lose weight.

How stress inhibits weight loss.

How deep breathing can help you to reduce and manage stress (and why it works).

There is no such thing as a “diet”; there is only a “way of life”.

Natural Ways to Reduce Acid Reflux and Improve Digestion

Over one-third of the U.S. population experiences heartburn. It is believed that the Standard American Diet (SAD) is the main culprit. The popular solution offered by modern medicine are over-the-counter and prescription acid stopping medications. While these certainly stop the symptoms, they are not addressing the underlying cause, and may in fact be compromising the entire digestive system.

In this workshop you'll learn:

The causes of acid reflux (also known as gastric reflux).

The risks of taking acid stopping medications for more than a short period of time.

What foods to avoid and what foods to eat.

Natural ways to improve digestion.

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.

What's Causing My Aches and Pains: Inflammation and Arthritis

As we age many of us will experience the effects of inflammation in the body, the pain of arthritis or the effects of osteoporosis. Learn the origin of these degenerative diseases,



what you can do to reduce your symptoms, and what you can do to reduce your risk of developing these diseases.

Regaining Energy – Kick Starting Your Metabolism

An introduction to thyroid and adrenal hormones – what they are, where they come from, and what they do in our bodies. Thyroid and adrenal hormones control our metabolism and our emotions. When not in proper balance a variety of symptoms can be present. Learn how these hormones may be affecting you and what you can do about it.

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.

Building Healthy Bones – Reducing Your Risk for Osteoporosis

Osteoporosis is one of the leading diseases of our elderly. One of the key contributing factors to this is our diet. There are 18 nutrients required for healthy bones. Learn what foods to eat and what foods to avoid in order to build strong and healthy bones.

Reducing the Risk of Heart Disease and Diabetes

Learn how to reduce your risk of heart disease and diabetes. These two degenerative diseases follow a common pathway. This class explores that pathways and offers nutrition and lifestyle suggestions to reduce your risk of these impactful diseases.

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.

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.



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.