

The Anti-Inflammatory Diet

(Reversing Leaky Gut, Autoimmunity, and Irritable Bowel)

Come learn the important basis of an Anti-Inflammatory diet to:

- Increase Overall Intestinal Health
- Balance Your Gut Flora
- Boost Energy Levels
- Gain Expert Grocery Shopping Advice
- Learn About Proper Food Preparation
- Participate In Hands On Cooking!



Come join us as we kick off our 4-week session starting this November! Each session will be held on Saturday mornings from 9:30 AM-12:00 PM

Session #1 (November 1st 9:30 AM-12:00 PM)

"The Anti-Inflammatory Diet Introduction"- Come learn what a "Leaky Gut" is, how it is tested for, and one of the best home remedies for healing your gut! Class will include making a savory homemade soup.

Session #2 (November 8th 9:30 AM-12:00 PM)

"Grains on your Brain?"- Learn how to properly prepare your grains, nuts, seeds, and legumes! Also learn to recognize the crucial difference between refined grains and whole grains. Class will include making granola cereal served with delicious homemade almond milk!

Session #3 (November 15th 9:30 AM-12:00 PM)

"The Gut Flora and Fermented Foods"- Gain an understanding of the Gut Flora's role in optimal intestinal function and how fermented foods can boost your immunity. Class will include making homemade sauerkraut!

Session #4 (November 22nd 9:30 AM-12:00 PM)

"The Big Fat Lie"- Become aware of the correct fats you should be consuming, which fats you should cook with, and specific fats to strictly avoid. Class will include making homemade peanut butter and homemade salad dressing!

Classes will be held in the WellBeing Kitchen (lower level). Call (708) 448-9450 to reserve your spot today! (16 person limit per class)