



Exciting News!

Infinite Health & Wellness Center is delighted to announce an unprecedented opportunity to learn to take better care of yourself and your loved ones.

Starting soon, we are offering a brand new series of classes to help you better NOURISH your BODY & SOUL.

Energy-based nutrition is a brand new concept that puts the emphasis on the energy contribution of food and not on food chemistry nor calories.

Raw Cuisine is gaining widespread popularity as people realize that the **life force** still present in unprocessed food is an important aspect of nutrition.

Nourish is a ground-breaking approach to feeding your senses and emotions, without fear or guilt, while taking advantage of what Mother Nature has best to offer.

[Click here to Register Now and Save](#)



Dr. Nathalie Campeau is an Energy Specialist who has devoted her life to teaching people how to better manage personal energy.

She has developed this original concept of **Energy-based Nutrition** to help people have a healthier relationship with food and become true **Food Lovers**.

She is eager to share with you how she solved her weight problem with this approach.

Is *Nourish* the right class for you?

Nourish is for everyone who wants to

1. eat healthy nutritious food and
2. feel satisfied, fulfilled and contented with each meal
3. while cutting down grocery expenses
4. boost their energy and metabolism
5. and reach their ideal weight as an additional bonus.

Participants in these classes are invited to pay attention to what goes on when they eat, to become aware of the exchange of energy at the physical and emotional level.

Participants are also encouraged to develop **mindfulness** while they prepare and eat their meals and gratefulness when they are finished.

Where - When - How much?

Nourish classes are held at Infinite Health & Wellness Center in the classroom, and will be held on the

**2nd WEDNESDAY of each month
starting on September 8th 2010
from 7pm to 9pm**

Nourish is a series of 6 monthly classes that can be taken in any order. The cycle will repeat as long as there is a demand for the class.

Depending on participants availability, the class can be taken all in the same cycle or sporadically during many cycles. No commitment is expected.

For your convenience, there are 3 payment modalities:

- 1- **by the class at the door: \$20** per class
- 2- by the class with **pre-registration** on our website: **\$15** per class
- 3- for **6 consecutive classes paid in advance: \$72** (i.e. **\$12** per class)

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Classes Description

Class #1. Energy-based Nutrition. Green Smoothies.

- What is Energy-based Nutrition
- Why Raw Food is so trendy
- About Living Food
- Be a Food Lovers and act accordingly
- The Green Smoothie craze
- Green Smoothies Recipes
- How to make you kids LOVE green smoothies



Class #2 A Salad a day keeps the doctor away

- What is the key to making a Food Lover salads
- Salads for every taste and every season
- Why colorful is so important
- Salads depending on your mood
- Does my salad have to be all raw?
- Mouth-watering Salad Recipes
- How to have you children gorge on salads



Class #3. Home-made salad dressings and mayonnaise No-cook soups and No-bake desserts

- The dressing will "make or brake" your salad
- Easy, fast and healthy dressings
- Family secret homemade mayonnaise
- All oils are not created equal
- Cold soup! you gotta be joking, right?
- No-bake cakes were invented for South Florida



Class #4. Dehydration. Flaxseed crackers. Sprouting Basics.

- Why and how to dehydrate your food?
- What dehydrator and where to buy it?
- About Enzymes and Temperature guide
- Sprouting basics
- Flaxseed crackers recipes and sampling
- Sprouted rye berries recipes and sampling



Class #5. Home-made Yogurt and Cream Cheese.

- Humans have fed on yogurt for zillions of years
- Which type of milk to choose?
- How to make you own yogurt and cheese from it
- Do I need to buy a yogurt maker?
- How to make goat cheese
- Yogurt recipes: Jasmine Tea Yogurt
- Yogurt cheese recipes: Greek Tzatziki



Class #6. Celebrations! Story telling and Delights sharing.



- Tell us your story ...
- Did you change your relationship to food?
- Bring a dish you learned to prepared
- Bring a loved one to celebrate with you
- Graduation, certificates of completion ...