

# EATING HEALTHY

## with Jill Grunewald



*Jill Grunewald is a Certified Holistic Nutrition Counselor, owner of Healthful Elements ([www.healthfulelements.com](http://www.healthfulelements.com)), and a health and wellness writer.*

### Diet is a Four Letter Word

Raise your hand if you've ever been on a diet. Given that we live in an image-obsessed, diet-crazed society and that the weight loss business is a multi-billion-dollar industry, it's likely that most of us have at one time or another tried to diet. The more important question is did dieting work for you? And if it did work, were you able to keep the weight off? Diets don't work. They put us at war with our natural selves, our desires, our bodies, and whatever foods we have labeled as being "bad." In this class we'll talk about natural, satisfying ways to shed pounds without ever feeling deprived. ECC

6309-J01 1 Session - \$25  
Wed, Jan 19 6:30 - 7:30 pm

### Detox With Spring's Cleansing Foods

Having just pulled through a long winter, when our bodies accumulate dryness and cold, the advent of spring, nature's new year, is a welcome time for renewal, regeneration, and a natural inclination toward cleansing. We've all heard the idiom "spring cleaning" and it's beautiful how nature sets us up to do the same with our bodies. Learn about powerful cleansing spring foods that help us shed weight and feel great. ECC 165

6308-J01 1 Session - \$25  
Wed Mar 23 6:30 - 7:30 pm

### A Nutritional Approach to Alleviating Spring Allergies

As snow melts and the spring rains come on, the ground becomes muddy. If the earth is holding on to more water, then so too shall we, causing agonizing congestion and allergies for many folks. Add to this a sea of ragweed and tree, grass, and flower pollen and for many, the symptoms are formidable: fatigue, itchy and burning eyes, sneezing, headache, runny nose, sore throat, brain fog, nasal congestion, depression, and digestive disruption. In this class you'll learn about your nutritional coat of armor that will protect you from these tiny invaders. ECC 165

6307-J01 1 Session - \$25  
Wed, April 20 6:30 - 7:30 pm

