

Learn, Eat & Be Well

Holistic Nutrition Camp in South West France July 2015



Bianca Church, RHN
Registered Holistic Nutritionist
& Program Instructor



Classroom and Accommodation
Condat Sur Vezere

Create your own wellness by learning about Holistic Nutrition with Registered Holistic Nutritionist, Bianca Church, RHN. Once you know the basics of Holistic Nutrition and how to use foods for restoration or cleansing you can apply these concepts to your own wellness and address chronic health issues or just improve your overall vitality and health. You have a right to wellness, it is within your reach.



PERSONALIZED HOLISTIC NUTRITION TRAINING

- 4 days of holistic nutrition training with a Registered Holistic Nutritionist with 14 years experience in Holistic Health and curriculum.
- Curriculum is designed to teach various diets and their uses for restoring health and wellness.
- Includes accommodations, breakfast, lunch, educational materials, transfers, and field trips.
- Conducted in one of the most beautiful and frequently visited regions in France.
- CANNP Members receive a \$50 discount and 15 hours continuing education credits.
- For more details on curriculum or accommodations please contact: **Bianca Church, RHN**

+1-705-724-9190

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South West France - July 2015



Market in Sarlat

Includes:

Transportation to/from local train station.

Accommodations:

- Singles and Couples welcome
- Shared kitchen and living space
- Private patios, covered outdoor classroom

Breakfast: Monday to Saturday

Lunch: Monday, Tuesday, Thursday, Friday

Dinner: Friday evening

4 days n-class instruction with materials

3 field trips with transportation and entrance fees

Maximum 6 people \$1,650 per person



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Sunday Afternoon/Evening - Welcome

Pick up at Brieve-la-Gaillard train station.
Light meal and social.

Monday - Detoxification and Elimination Diets

Raw food breakfast, Vegan lunch.
Morning Class: Fasting, juicing and raw foods.
Basics of colon/liver cleansing and allergy elimination.
Field trip: Jardins de L'Imaginaire. Afterwards, grocery shopping trip for supplies. Suggested grocery list and recipes provided. Transportation/entrance fees included.

Tuesday - Restorative and Healing Diets

Vegetarian breakfast, Macrobiotic lunch.
Morning Class: Macrobiotic and vegetarian diets. Create complete proteins. Cancer prevention and thyroid function.
Afternoon free. Pool side afternoon optional.

Wednesday - Market day

French Breakfast. No class time.
Field trip: Sarlat morning market (grocery bags included). Bring your own picnic lunch of fresh market produce to St. Leon-sur-Vezere. Transportation, dinnerware, cutlery, picnic blankets included.
Or you can do as you wish for the whole day.
Canoeing the Dordogne river is optional. Transportation can be arranged. Canoe rental fee not included.

Thursday - Mediterranean Diet

French breakfast, Mediterranean lunch.
Morning Class: Healthy fats and inflammation. Cardiovascular and joint health.
Afternoon free. Trip to Rocamadour optional.

Friday - Carbohydrate Restricted Diets

Paleo Breakfast and Candida lunch
Morning Class: Creating Paleo and Candida diets. Improving mood disorders.
Field trip: La Roque St. Christoph troglodyte village. Pre-historic man. Transportation/entrance fee included.

Farewell dinner

Saturday - Departure Day

Breakfast.
Transportation to train station.