

Focused Workshops for Established Patients of CIM By Physician Referral
Pre-register (614) 293-9777

1st Tuesday, 5-6pm: Balancing Omega 6:3 Ratios using KIM-2 concepts and other web-based resources. This class will relate to the role of Omega-6 in inflammation, biomarkers, and the monocyte count in your labs.

2nd Tuesday, 5-6pm: Understanding Gluten, Soy, Flax, and Latex in Foods. This class will relate to TSH, TPO, PTH, lipids, ALT, AST, HLA DQ 2,8 in your labs as well as a number of disorders such as digestive, neurological, endocrine, and metabolic.

3rd Tuesday, 5-6pm: Understanding the Health Impacts of Carbohydrates. This class will relate to low-HDL cholesterol disorders, metabolic syndromes, hypertension, TPO, TSH, PTH, ALT, AST, sed rates, and C-reactive protein in your labs.

4th Tuesday, 5-6pm: Adapting Recipes and Reading Food Labels. Bring food labels or recipes you would like to adapt. This class will focus on understanding how to plan meals based upon Nutrigenomic Principles.

Saturdays, 9-11 am: KIM Class: Understanding the Roles of Omegas 6:3 and Carbohydrates in Your Health. This class will review some basic concepts from Nutrigenomics and introduce you to resources for further research.

New Class! 2nd Monday, 5-6pm: Living With Cancer. This class will focus on the Nutrigenomic principles as applied to people living with cancer. We will also explore other life domains impacted by cancer and resources that are available.

December

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Balancing Omegas 5-6p	2	3	4	5 KIM Class 9-11a
6	7	8 Gluten, Latex in Foods 5-6p	9	10	11	12 No Class
13	14 Living with Cancer 5-6p	15 Carbs 5-6p	16	17	18	19 KIM Class 9-11a
20	21	22 No Class	23	24	25	26 No Class
27	28	29 Adapting Recipes 5-6p	30	31 Healthy New Year!!		

2009