

“Let food be thy medicine
and medicine be thy food”

-Hippocrates



You Are What You Eat: Food-as-Medicine in the Modern World

with Dr. E. Jane Bradbury, Ph.D.

Do you want greater control over your own health choices? Do you want a better understanding of how what we eat affects our bodies and minds? Or are you simply curious about the awe-inspiring capacity of plants to nurture and heal? If the answer to any of these questions is “yes,” join us at Kerbey Lane Healing Arts for a six-seminar series on food-as-medicine and experience science-based instruction on key botanical and culinary concepts for healing including:

- an exploration of the concepts of health and disease
- fermented foods and how to make your own ferments
- how to harness the power of plant chemistry for human health
- plants for emotional health and self-care
- diet and metabolic disorder
- understanding nutrient flow through ecosystems

Each 90-minute seminar includes foundational instruction and hands-on exploration ideal for students, healing and culinary professionals, and anyone with an interest in food and health!

W, Oct. 11, 2017, 5:30 pm	Introduction and Foundations
W, Nov. 8, 2017, 5:30 pm	Fermentation Station!
W, Dec. 6, 2017, 5:30 pm	Your Plant Pharmacists
W, Feb. 7, 2018, 5:30 pm	That Lovin’ Feeling: Plants for Self Care
W, March 7, 2018, 5:30 pm	Combatting Metabolic Disorder
W, April 11, 2018, 5:30 pm	Healthy Planet, Healthy You



Single seminars: \$75 per class; Full seminar series: \$300. Space will be prioritized for full-seminar participants. For more information, go to www.kerbeylanehealingarts.com. To register, contact Kerbey Lane Healing Arts at kerbeylanehealingarts@gmail.com or (512) 842 7982 or stop by 3703 Kerbey Lane, 78731. **Register at our all-day Grand Opening Open House, Friday September 22, 2017 and get \$50 off the full series!**