

# Anti-inflammatory Boot Camp

## Friday, March 22

- 1:00-2:00 pm Check In  
2:00-3:00 pm Introduction  
3:00-4:30 pm Presentation:  
- *Two types of Inflammation*  
- *Understanding the Natural Management of Inflammation*  
- *What factors in addition to food increase or decrease inflammation*  
- *Understanding ratios of omega 6 to omega 3 fatty acids*  
- *How does inflammation occur in the body and how to decrease pain*  
- *Benefits of Omega 3 fatty acids and the importance of EFA's*  
- *Pro- and Anti-Inflammatory Foods*  
4:30-4:45 pm Break  
4:45-5:15 pm Special Guest, Cindy Wheatcraft - she will share her story about her own recovery from cancer using food and will discuss the Alkaline Diet  
5:15-5:30 pm Break for Dinner  
5:30-6:30 pm Dinner  
6:30-6:45 pm Break  
6:45-8:00 pm Demonstration & Sampling of Healthy Sweet Treats:  
- *Black Bean Brownies, Dairy & Gluten Free*  
- *Vegan, Raw, Dairy & Gluten Free Chocolate Mousse Pie*  
8:00-8:15 pm Break  
8:15-9:00 pm Campfire

## Saturday, March 23

- 8:00-9:00 am Breakfast  
9:00-10:00 am Free time  
10:00-11:00 am Demonstration & Sampling of Smoothies:  
- *How to get green leafy veggies in them and still taste great!*  
11:00-11:45 am Presentation:  
- *How stress effects us and what to do about it*  
- *Learn about Primary and Secondary Routes of Elimination*  
- *Toxins - what are the internal and external toxins*  
- *Learn lifestyle choices that are critical to do on a daily basis to optimize functions of all systems of the body*  
- *How all systems are inter-related*  
- *Principles of Naturopathic Medicine*  
11:45-12:00 pm Break for Lunch  
12:00-1:00 pm Lunch  
1:00-2:00 pm Hike with Bill - Director of Asbury Camp  
2:00-2:15 pm Break  
2:15-3:30 pm Demonstration & Sampling of Raw Salads:  
- *Up-side-down Easy Salads*  
- *Raw Kale Salad*  
3:30-4:45 pm Presentation - Chakras:  
- *What the Chakra systems are*  
- *What Chakra Foods are*  
- *How to enhance these energy centers*  
4:45-5:00 pm Break for Dinner

5:00-6:00 pm Dinner  
6:00-6:15 pm Break  
6:15-7:30 pm Going over the 30+ handouts you will receive in your Educational Binder for the weekend:

- *Healthy Fats*
- *Alternatives to Sugar*
- *Healthy Fish to Eat*
- *Asian Mushrooms*
- *Why Organic*
- *Which is Better - Eating Raw or Cooked Foods*
- *Food Labels*
- *Dirty Dozen, Clean Fifteen*
- *GMO - Genetically Modified Foods*
- *Healthy Cookware*
- *Ways to Cook Foods*
- *Storing Food Safely*
- *Eating Mindfully*

7:30-8:00 pm Free Time

8:00-9:00 pm Campfire

### **Sunday, March 24**

8:00-9:00 am Breakfast

9:00-10:00 am Hike with Bill - Director of Asbury Camp

10:00-10:15 am Break

10:15-12:00 pm Demonstration & Sampling of Grains:

- *Cooking with Quinoa*
- *Raw, Vegan, Dairy & Gluten Free Breakfast Grain Cereal*

12:00-1:00 pm Lunch

1:00-1:15 pm Break

1:15-3:00 pm Finishing up Presentation, Handouts, Questions and Saying Good-byes