

# Nutrition Seminar Schedule 2018

Nutrition plays a critical role in keeping ourselves healthy. Tomoya will break down complex issues, so you can understand them and gain control of your own health better.

Updated 3 fundamental courses (Dietary fat, Carbohydrate, and Protein) will be available after February on DVD, which can be viewed on PC or Mac.

Date	Topic
1/6 (Sat, 3pm)	Intro to 10 Day Blood Sugar Program
2/7 (Wed, 6pm) 2/10 (Sat, 1pm)	Dietary Fat (Fundamental)
2/14 (Wed, 6pm) 2/17 (Sat, 1pm)	Carbohydrate (Fundamental)
2/21 (Wed, 6pm) 2/24 (Sat, 1pm)	Protein (Fundamental)
3/17 (Sat, 1pm)	Heart Disease/Cholesterol
4/21 (Sat, 1pm)	Sleep
5/19 (Sat, 1pm)	Microbiome (Gut Flora)
6/16 (Sat, 1pm)	Changing Habits with Ease
7/21 (Sat, 1pm)	Stress
8/18 (Sat, 1pm)	Hormones (Adrenal & Thyroid)
9/15 (Sat, 1pm)	Cancer
10/20 (Sat, 1pm)	Alzheimer's/Dementia

**Note:** Any seminar topics can be repeated for a group of 4 people or more with advanced notice. All topics are listed on the following page.

**Cost:** \$15. You'll receive a \$10 voucher towards herb/supplement purchase. Please give us a 24-hr notice if you can't make the class.

**Sign up:** Please sign up online at <http://medicalartsacupuncture.com> or email [tomoyaclinic@gmail.com](mailto:tomoyaclinic@gmail.com)

## Nutrition Topics

The following is the list of topics that have been taught in the past. If you have a seminar topic you would like to see in the future, please email me at [tomoyaclinic@gmail.com](mailto:tomoyaclinic@gmail.com)

- Allergy
- Alzheimer's disease
- Autoimmune diseases
- Bones (osteoporosis)
- Cancer
- Cholesterol
- Diabetes
- Gout
- Hormones (adrenal & thyroid)
- Intro to 10 day blood sugar program
- Kids nutrition
- Microbiome: gut flora
- Skin
- Sleep
- Stress
- Weight Management
- Carbohydrate (fundamental course – available on CD after February)
- Dietary Fat (fundamental course – available on CD after February)
- Protein (fundamental course – available on CD after February)