Natural, Healthy Living Classes

Theresa Edmunds, certified health counselor, is presenting the following courses to help you create wellness through nutrition and natural living principles. She’ll help you identify health concerns and their causes and teach you how to make lasting changes to benefit all areas of your life. She uses a common sense approach to explain the changes in our food and environment that affect our health and will share a back-to-basics plan to help restore your well-being and create lasting health.

Healthy Living in Today’s World
Do you ever wonder why we have so many health concerns today? Maybe it is the way we are eating and living. Learn how to protect and even regain your health. We will discuss organic vs. conventional food, the rise of diabetes, chemicals in our food and GMOs and their effects. We will also discuss the toxins that we are exposing ourselves to and how to eliminate them.

HLTSC 746-81
$94 (Senior Fee $47)
Thursdays Feb. 28 - Apr. 18
6:30 - 7:30 p.m. A 173c
No class on March 14 and April 4

Women’s Health
Women’s health issues are on the rise such as breast cancer, thyroid disease and diabetes, and many are directly related to the way we live and eat today. We will discuss the difference between a traditional diet and our modern diet and explore the controversy over soy and toxins that women are exposed to and how to take preventative action to protect from these conditions.

HLTSC 749-81
$24 (Senior Fee $12)
Thursday Feb. 28
7:45 - 9:15 p.m. A 173c

Gluten - The Hidden Epidemic
Do you lack energy? Can’t lose weight? Have digestive problems? Have autoimmune issues or unexplained symptoms? It could be gluten-sensitivity. It is estimated that up to 50% of the population may be gluten-intolerant and not even know it. Digestive problems, bloating and IBS are some of the more recognized symptoms, but many things like allergies, skin conditions, thyroid problems and autoimmune diseases are linked to gluten issues. Learn how to possibly prevent gluten-intolerance as well as receive practical advice for living and eating gluten-free.

HLTSC 748-81
$64 (Senior Fee $32)
Thursdays Feb. 28 - Apr. 18
7:45 - 8:45 p.m. A 173c

Men’s Health
Why are we dealing with such an increase in high blood pressure, cholesterol issues and diabetes? Much of this is linked to the way we are living and what we are eating. In this class, the basics of how our food supply has changed and the choices that we can make to help avoid disease will be discussed. Health issues that directly affect men will be the focus of this class.

HLTSC 750-81
$24 (Senior Fee $12)
Thursday Mar. 7
7:45 - 9:15 p.m. Z 271

All Disease Starts in the Gut
What do ADHD, auto immune diseases, depression, autism, food allergies and eczema all have in common? A compromised digestive system. Can it possibly be that simple? Yes! Whether you have a symptom mentioned above or digestive issues (acid reflux, IBS, constipation, etc.), this class can help you regain your health. We will look at diets that heal the digestive system and which types of food nourish your body and which ones cause damage.

HLTSC 747-81
$94 (Senior Fee $47)
Thursdays Apr. 25 - May 30
6:30 - 7:30 p.m. Z 271

Eating for Your Blood Type
Join us as we discover the foods that best suit you. Is one diet right for everyone? No, we have bio-individuality which means depending on your genetic make-up, you’ll feel better eating certain foods. Learn what works best for you as we look at factors such as ancestry, body type and even the geographical area we live in. Different diet theories, such as the Blood Type Diet, Metabolic Type Diet, Raw Foods Diet, as well as Ayurvedic principles will be discussed.

HLTSC 751-81
$79 (Senior Fee $39.50)
Thursdays May 2 - 30
7:45 - 8:45 p.m. Z 271

LIFELONG LEARNING
To register, contact the office of Lifelong Learning at 734.384.4127
http://www.monroeccc.edu/ccs/lifelong.htm