

# Culinary Healing

## a cooking workshop for Body, Mind, and Soul

*with*

**Joalie Davie, MD**

**March 31st to April 2, 2017. Santa Fe, NM**



Preparing and enjoying a wholesome meal is more than using good ingredients, fresh produce and all clad pots and pans. Learn the medicinal values of foods, how, when, and why to prepare meals that help heal your cold or sinus infection, allay your arthritis, or help you relax/

Learn what foods to avoid when in pain, or feeling sick.

This workshop will start with a nourishing meal on Friday night, two meals on Saturday, and Brunch on Sunday. ***Because I will address every individual's nutritional needs, this workshop is limited to six participants.***

**To reserve your spot call Dr Davie at 505-819-9717**

<b>Fee: Friday evening and Saturday morning</b>	<b>\$150</b>
<b>Friday, Saturday, and Sunday</b>	<b>\$250</b>

**Health From Within, PO Box 23293. Santa Fe, NM 87504**

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Friday March 31: 6 PM Enjoy a nourishing 5 course meal then learn about the benefits of the various foods ingredients and preparation. Prepare ingredients for breakfast.

Saturday April 1st: Prepare and enjoy breakfast. Learn about the effects of the different foods for breakfast and how to choose them to enhance your energy throughout the day. Plan dinner and shop for ingredients. You will learn how to look for optimal ingredients and how to recognize deceptive advertising.

The learnings from this workshop will serve you throughout your life and allow you to understand medicinal value of foods for mind, body and soul.

Dr. Joalie Davie is a physician who integrates several mind-body techniques and practices to help her clients retrieve their inner wisdom and achieve their highest potential. Dr Davie's love for preparing foods stemmed from helping and watching her grandmother prepare 12 course meals. She spent 2 years on a coop while at Harvard where she cooked for up to 50 people. She uses her knowledge of biochemistry, biology and recent holistic medicine in her quest for optimizing the enjoyment of nutritious and healing foods. To learn more about her practice go to [www.HealthFromWithin.org](http://www.HealthFromWithin.org)

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