



acupuncturekitchen

Seasonal Cooking Class

with Tamara Falvai, L.Ac. and Christina Youngren, N.D.

Wednesday, March 31st, 2010

7:00-9:00pm

\$20



Join acupuncturist Tamara Falvai and naturopathic physician Christina Youngren for an evening discussion of food, cooking and nutrition to support your health during the emerging Spring months. Tamara and Christina will talk about the fundamental concepts of eating seasonally in the Spring to support your immune system and bolster health. They'll focus on how—and why—to make delicious and nutritious homemade meals. Tamara and Christina will also discuss the evidence base behind why their yummy treats promote health.

About the instructors: Tamara Falvai is a licensed acupuncturist with an intimate knowledge of food as medicine. She brings her expertise about the nature of plants and their medicinal applications to the body to her cooking. Christina is a naturopathic physician. She specializes in environmental medicine and draws on her knowledge of eastern and western nutrition and the principles of homeopathy, whole foods and supplements to provide you with a well-rounded approach to your self-care. Together, Tamara and Christina bring you a collaborative, multi-faceted discussion and demonstration of seasonal cooking.

Enliven your constitutional health with 20% off a homeopathic consultation with Christina Youngren throughout March.

Sign up at Acupuncture Kitchen, or RSVP to info@acupuncturekitchen.com