



acupuncturekitchen

# Seasonal Cooking

with Tamara Falvai, L.Ac.  
and Sara Braxton Ferrigno, NC, RYT

Wednesday, November 18, 2009 7-9pm  
\$10 donation requested



Join acupuncturist Tamara Falvai and nutritionist Sara Braxton Ferrigno for an evening discussion of food, cooking and nutrition to support your health during the colder months. We'll talk about the fundamental concept of eating seasonally in the Fall and Winter to support your immune system.

We'll focus on how—and why—to make a delicious, nutritious homemade chicken stock that can be used in a variety of other meals. We'll also discuss other foods that boost the immune system and help heal colds and flues.



Sara is a certified nutritionist and registered yoga instructor who creates personalized menu and fitness plans based on body composition and individual needs. She specializes in weight management, blood sugar regulation, eating disorders, and pre-conception/pre-natal care. Tamara is licensed to practice acupuncture and Chinese herbology by the state of California and has a special interest in women's



health, fertility and orthopedics. She is a primary acupuncturist at Acupuncture Kitchen and Laurel Fertility in San Francisco, where patients receive her care through acupuncture, herbs, cupping, moxa, dietary advice, electro-acupuncture, and Tui Na massage. Together, they bring you a collaborative, multi-faceted discussion about seasonal cooking and nutrition.

Sign up at the front desk of Acupuncture Kitchen,  
or email us at [info@acupuncturekitchen.com](mailto:info@acupuncturekitchen.com).