

# 2012 Nutrition & Cooking Education Class Schedule

*The Latest Nutrition Research that Supports the Way our Ancestors Prepared Food Instinctively.*

**FREE Nutrition Class in PRICE @ 375 S. Carbon Ave. (South Entrance). Begins at 6:30pm**

<b>2-Feb</b>	Anthropology of Ancestral Diet, Disease, and Dentistry. Traditional Diets: The Key to <i>our</i> Vibrant Health.
<b>1-Mar</b>	Effects of Denatured Food & Nutrient Deficiency: Benefits of Natural Foods, Cod Liver Oil, Enzymes, & Bacteria.
<b>5-Apr</b>	Good Nutrition Begins with Good Soil: Amend Alkaline Soil and the pH Balance of Soil and Body for Absorption.
<b>3-May</b>	The Value of Milk and Making Cultured Milk Products. Learn How to Make Butter, Cheese, Kefir, and Much More.
<b>7-Jun</b>	Soaking Grains, Beans, Nuts and Other Seeds: What are Anti-Nutrients, Enzyme Inhibitors and the Soy Alert?
<b>5-Jul</b>	Health Benefits of Making Lacto-Fermented Foods and the Mistake of the Low Salt Diet.
<b>2-Aug</b>	Fats and Oils: Understanding Omegas and the Importance of Saturated Fat, Broths, and Pasture Fed Animals.
<b>6-Sep</b>	Oiling of America: How Unhealthy Margarine and Shortening Made it into Our Diet. What Oils <i>Should</i> You Use?
<b>4-Oct</b>	Myths and Benefits of Cholesterol: A Powerful Healer & the Statistical Error that Deceived Doctors & Dietitians.
<b>1-Nov</b>	Preparing for Future Generations: Nutrition for Healthy Pregnancy and Growing Children to Prevent Disabilities.
<b>6-Dec</b>	11 Ways to Improve Your Meals: Easy, Inexpensive, and Nutrient Rich. Get Inspired to Get Back to Cooking!

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