

Trudy Scott, CN (Certified Nutritionist)  
[www.everywomanover29.com](http://www.everywomanover29.com)  
Food, Mood and Women's Health

[trudyscottcn@yahoo.com](mailto:trudyscottcn@yahoo.com)  
(916) 605 6283

### ***Nutrition Workshop and Teleseminar Information***

- Trudy does educational group **workshops and teleseminars for the public** on a range of topics and is available to lecture at your business, organization, club, support group, school or church. As well as being educational and informative, her workshops are also interesting and practical.
- Any workshop can be customized for the nutritional needs of your audience.
- These typically run for 50 minutes, with about 10 minutes for questions and answers.
- Any workshop can also be done as a teleseminar (i.e. over the phone). Teleseminars allow anyone and everyone to attend – and they are recorded, so even if you cannot attend in person, you'll receive a copy of the recording.
- Trudy is also available for professional presentations.

### ***Nutrition Workshop and Teleseminar Topics***

#### **“The Amazing Healing Powers of Foods”**

You'll learn about the importance of eating a whole foods diet and the amazing healing properties of foods: broccoli for cancer, onions for infection, pineapple for arthritis, sweet potato for high blood pressure, bananas for insomnia and more: garlic, fennel, oats, flax seeds, bok choy, spinach, ginger. You'll also learn why organic, local, in-season and GMO-free foods are the best choice. Recipe ideas will be shared.

#### **“The Amazing Healing Powers of Traditional Foods”**

You'll learn about the wonderful health benefits and pleasures of eating whole real Traditional foods – foods that our grandparents and ancestors ate. We'll discuss grass-fed meat and organ meats like liver, a high-energy “snack” called pemmican, as well as wild salmon and other healthy foods from the ocean. For digestive health, you'll learn about fermented foods like sauerkraut, refreshing fermented beverages and healing bone broths. Recipe ideas and resources for learning more will be shared.

### **“Anxious? Fearful? Worried? Stressed–Out? The 7 Main Reasons for Your Anxiety and 5 Simple Dietary Changes to Leave You feeling Cool, Calm and Collected!**

You'll learn the 7 main reasons that could be contributing to your feelings of anxiety and why it's important to get to the root cause. We'll discuss how common anxiety is, the types and the symptoms. You will assess your zinc status and take an anxiety questionnaire. Finally, you'll learn 5 simple changes in your diet that will address nutrient deficiencies, food allergies and neurotransmitter imbalances – and leave you feeling a lot better!

### **"9 Simple Ways to De-Stress and End Overwhelm!"**

You'll learn about some amazing nutrients that do wonders for stress and overwhelm - like GABA, magnesium and more. You'll also hear about some important eating habits (and some lifestyle ones too) that will make a huge difference in how you feel.

### **“Sugar Sugar Everywhere! The Top 5 Reasons for Sugar Cravings and 3 Powerful Ways to Cut it Out and Not Feel Deprived”**

You'll learn the top 5 reasons for sugar cravings and why you should care: weight-gain, mood swings, poor immunity, ADD/ADHD, diabetes, cancer, heart disease and more. We'll discuss “hidden” forms of sugar, why artificial sweeteners are not a good choice and how to read labels. Finally, you'll learn 3 powerful and simple food/nutrient-based ways to stop your cravings – starting tomorrow!

### **“9 Easy Ways to Develop Healthy Habits”**

Come and hear about healthy eating, healthy snacks, some super-foods, organic foods and genetically modified foods. We'll also discuss why we shouldn't be consuming caffeine, diet sodas and artificial sweeteners, and why reducing stress and getting plenty of exercise is so important!

### **“The Insider Truths about the Good Fats and the Bad Fats”**

We do need good fats in our diets! We will discuss which fats are essential for good health, a good immune system, reducing inflammation, helping with weight-loss, good hormonal health and good blood sugar control. You'll also learn which fats are harmful to your health and how to avoid them in your diet.

### **“Delicious Healthy Salads for Better Energy and Great Digestion”**

We'll discuss the wonderful health benefits of eating salads and why and how to include raw veggies in your salads – better energy, digestion and more. We'll share some delicious recipes for both salads and healthy home-made dressings. When it comes to salads, the only limitation is your imagination!

### **“Juicing for More Energy, Strong Bones and a Glowing Complexion”**

Juicing is a great way to add more fresh vegetables and fruits into your diet, is easily-digestible, provides nutrient-dense nutrition and is delicious. The advantages are increased energy, strengthened immunity, strong bones, a reduced risk of disease and a glowing complexion.

### **“Have Fun Growing Your Own Bean-Sprouts and Reap the Health Benefits”**

Did you know that the sprouted seed has exceptional nutritional value? Join us to hear about the health benefits of sprouting, how to grow your own sprouts, which seeds and grains are best for sprouting and some great recipes. We all need more raw foods in our diets and eating more sprouts is one simple way to achieve this! Includes a demo & samples.

### **“Using Safe Household and Beauty Products to Keep Your Home Free of Toxins”**

Have you ever used baking soda or vinegar for cleaning? Come and learn about many of the safe alternatives to everyday harmful household cleaning products and beauty products. We'll also discuss safe pots & pans, plastics and EMFs. Protect yourself and your family!

### **“FAM - Natural Birth Control and Pregnancy Achievement”**

We'll review the Fertility Awareness Method (FAM) - a method of birth control and pregnancy achievement. FAM helps you know which days of the month you are most likely to get pregnant - by observing your body and charting physical changes. FAM also increases your understanding of your body and your menstrual cycle.

### **“Superfoods and Nutrients for Boosting your Immune System Naturally”**

One of the most important applications of nutrition is to use the right lifestyle, diet and nutrients to keep our immune systems strong. Come and learn about the nutrients that boost immune function, some super-foods and how sugar depresses your immune system. We'll discuss the controversy about the overuse of antibiotics, what to do if you have to take antibiotics and learn about some natural antibiotics.

### **“Depression, Anxiety and Mood – and the Food-Nutrient Connection”**

Most of us don't even think of nutrition when we are feeling emotionally upset or anxious, have low self-esteem or insomnia, worry a lot, have phobias or even experience anger. The work of Julia Ross has shown that changes in nutrition can have a profound effect on mood and mental outlook – and reduce the cravings that are so common. Getting enough good quality protein is imperative. We will discuss all the important good mood foods, amino acids and other critical nutrients.

### **“Arthritis and the Food-Nutrient Connection”**

Women are much more prone to arthritis than men. Are you aware that many foods are very helpful for reducing inflammation (like oily fish, olive oil, ginger and more) and that certain foods increase inflammation (like wheat, tomatoes, potatoes and others)? We will discuss these foods, lifestyle changes and a few of the many natural supplements that have been shown to help with arthritis.

### **“Endometriosis and the Food-Nutrient Connection”**

In a survey of members of the USA Endometriosis Association, a “change in diet” was found to be the third most effective alternative approach to treating endometriosis. We will discuss these dietary modifications and also review environmental implications for endometriosis.

### **“High Blood pressure and the Food-Nutrient-Exercise Connection”**

Dr Mark Houston of the Hypertension Institute in Memphis, Tennessee, has a promising nutrition and lifestyle program for reducing blood pressure. We will discuss his nutritional approach, a few of the amazing nutraceuticals (foods and herbs that heal) found to be so effective and the importance of exercise and reducing stress.

### **“What Every Woman Over 29 Should Know”**

Come and hear what every woman over 29 should know – that there are dietary and lifestyle changes that can make a difference with PMS, mood swings, fuzzy thinking, anxiety, bloating, tender breasts, irritability, headaches, sugar-cravings and depression. We’ll also discuss breast cancer, osteoporosis and heart disease.

### **“The Best Nutritional and Lifestyle Plan for Menopause”**

Come and learn about the super-foods that will help and the foods that may worsen your symptoms. We’ll talk about how to quit caffeine and reduce your sugar-cravings. We’ll also learn about the vitamins, minerals and herbs that have a powerful effect on the hormonal system. And you’ll hear why reducing stress and getting plenty of exercise is so important.

### **“Stressed, Overwhelmed and Craving all the Bad Stuff at Work”**

Do you often feel overworked and overwhelmed? Do you feel shaky if you skip meals? Do you use food or coffee to calm down? We’ll discuss why stress is so bad for our health and look at some of the top stress-busting foods and eating habits. We’ll also look at the foods and other eating habits that can make stress and anxiety worse. This workshop will provide some practical take-home tips for coping better with stress.”