

UNIQUE PERSPECTIVE SEMINARS CATALOG



Donna Wild

Seminars

2013-2014

Nutrition Seminars

Endocrine Health Series

Herbal and Horticultural Seminars

TO ORDER CALL: 970-669-1380

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PRICING

All seminars can be presented on PowerPoint and include documented handouts.

Please call for a pricing schedule.

NUTRITION SEMINARS

IODINE 4 HOURS

In all my years as a nutritionist I have never seen a single nutrient have such immediate and profound effect on the body as Iodine. This seminar covers:

Sources and forms of iodine

- Necessary synergistic nutrients
- Iodine assimilation and the symporter system
- Traditional and nontraditional use of iodine
- Reactions of iodism
- Halogen and heavy metal detoxification
- Hypo and hyperthyroidism
- Other iodine deficiency diseases

Its purpose is to take the recent application of pharmaceutical dosing of iodine and put it back into a natural whole food perspective.

PHYSICAL OBSERVATIONS OF NUTRITIONAL DEFICIENCIES 8 HOURS

Patients complain all the time about the faults in their physical appearance. Blemishes on the surface of the body can be indicative of pathology deep within. A slight change on the surface of the tongue may shout a major organ compromise. Defects in the fingernails can reflect tissue deficits. They can be signs of nutritional deficiencies affecting the patient's health as well as their appearance. For each observational sign described this presentation details:

- What nutritional deficiency may be a contributing factor
- Other signs and symptoms of the nutritional deficiency
- Foods that are a rich source of the particular nutrient
- Whole food and herbal therapeutic supplement recommendations
- Non invasive testing for accessing nutritional deficiencies

This seminar was impetus for my book, *The Skin, Tongue and Nails Speak: Observational Signs of Nutritional Deficiencies*. To date it has been my best attended seminar.

TONGUE AND FINGERNAILS SIGNS OF NUTRITIONAL DEFICIENCIES 2-4 HOURS

This is a scaled down version of the Observational Signs of Nutritional Deficiencies seminar. It covers specifically the tongue and fingernail signs of nutritional deficiencies. The seminar emphasizes food based sources of the nutrients rather than supplements.

THE HEALING OILS: GOOD FATS, BAD FATS, DISPELLING THE MYTHS 4 or 8 HOURS

This seminar dispels the misunderstood fats which are an important part of the healthy diet, including those which should be avoided and why. It covers fat nomenclature, the sources and health benefits of saturated, monounsaturated and polyunsaturated fats, EPA, DHA and vitamin oils. It contains researched studies and therapeutic protocols for supporting conditions relating to deficiencies of these essential and nonessential fats.

HEALTHY FATS IN THE KITCHEN 1-2 HOURS

It is important to consume an array and balance of healthy fats and oils. This seminar covers the importance of the different types of saturated, monounsaturated and polyunsaturated fats from animal and plant sources, their nutritional value, medicinal properties and how to best use each in cooking and food preparation. This class includes a discussion on the health hazards of partially hydrogenated and trans fats.

IMPLEMENTING A NOURISHING TRADITIONS DIET 2-3 HOURS

We all know that we need to eat more nutritionally, but what does that mean and how do you easily implement it into your family's and patient's life? This seminar teaches the principals of the Weston A. Price Foundation diet and how to apply them while shopping and preparing meals. The presentation includes:

- Where to shop for affordable wholesome foods
- The good and bad fats and appropriate use for each fat in food preparation
- Alternatives to sugar and conversions for baking
- High altitude cooking
- Selection and preparation of meats, fish and dairy
- Fresh produce selection and preparation for optimal nutrient content
- The importance and differences of salt
- How to read food and supplement labels

NATURAL VS SYNTHETIC VITAMINS 2-4 HOURS

Why is it in long term studies using synthetic or crystalline extracts of vitamins that patients are seeing an increase in cancer, death from heart failure and even birth defects? Could it be that they are using chemicals to correct a nutritional deficiency? Are high doses of antioxidants as healthy as the industry would like us to believe? This seminar discerns the differences between vitamins found in whole foods and those created in a laboratory. It stresses the importance of trace minerals, phytochemicals and the unknown factors found in foods and whole vitamin complexes.

NUTRITION AND HERBS FOR RELAXATION 2 HOURS

In today's worlds with it's fast paced and stressed out life styles it is more important than ever to eat foods that enhance health and harmony in the body and brain. This class discusses foods and herbs that can easily be added to your daily regime to keep the body centered and relaxed, the mind alert and focused. It also covers foods and substances which excite and agitate the central nervous system and thus should be avoided.

NUTRITION TO ENHANCE LEARNING AND COGNITIVE DEVELOPMENT 1-2 HOURS

This class educates the attendee on what to feed children, and just as importantly, what not to feed and what should have limit exposure to maximize their cognitive potential. It also focuses on specific nutrients and neurotransmitters that enhance learning and decrease learning disabilities.

DIGESTION FROM THE MOUTH TO THE ANUS 4 HOURS

This seminar teaches the phases of digestion through the entire alimentary canal. It covers the

organs involved in digestion, the digestive enzymes and the endocrine/exocrine secretions. The presentation details where each type of food is digested and assimilated with an emphasis on the foods, nutrients and herbs which support each phase of digestion. The specific nutritional, herbal and dietary support for an array of gastrointestinal ailments in and of themselves make this seminar worth attending.

SPORTS NUTRITION 2-4 HOURS

Athletes have special consideration when it comes to nutrition. The physical demands they put on their body mandates extra nutrients to support, build and repair muscles, connective tissues and bones. This seminar details the nutrients necessary for these tissues. In addition it covers the special nutritional requirements for:

- Body builders & weight lifters
- Aerobic sports
- Team sports
- Endurance sports
- Dehydration and electrolyte replenishment
- High altitude sickness

ENDOCRINE HEALTH SERIES

NUTRITION AND HERBS FOR THE ENDOCRINE SYSTEM 2-4 HOURS

How do we support and rebuild an ill functioning endocrine system? This lecture combines the necessary nutrients and herbs to support, rebuild and restore the endocrine organs and their function. The whys and hows of specific support protocols for associated endocrine conditions typically seen in practice are emphasized.

FEMALE MENSTRUAL CONDITIONS 4 HOURS

This seminar deals with conditions prone to the menstruating female. Its focus is on a multifaceted approach to a healthy endocrine system incorporating diet, nutritional and herbal therapeutics, and life style changes. The topics include the five different types of PMS and other conditions pertinent to the menstruating female such as: Fertility, depression, estrogen dominance, dysmenorrhea, menorrhagia, amenorrhea, and polycystic ovary disease.

NATURAL ALTERNATIVES TO HRT 4 HOURS

This seminar was spurred by the Women's Health Initiative study published in JAMA on July 17, 2002 linking hormone replacement therapy use to an increase of coronary heart disease, breast cancer, stroke, pulmonary embolism and endometrial cancer in postmenopausal women. The objective of this seminar is to help women have a naturally smooth and uncomplicated transition through menopause and into the second half of her life, without the use of exogenous hormones. This seminar teaches the practitioner to maximize ovarian function, optimize the adrenals, thyroid and pituitary glands, reducing the effects of estrogen withdrawal and other hormonal imbalances with nutrition and phyto-hormonal herbs. This seminar also stresses the importance of her emotional & psychological well being.

MENOPAUSE NATURALLY 4 HOURS

This class is the *Natural Alternatives to HRT* with additional nutritional and herbal support for other conditions associated with the peri menopausal and menopausal female. These conditions include:

- Depression
- Osteoporosis
- Hot flashes
- Irregular menses
- High cholesterol
- Vaginal dryness
- Heart support
- And more

FEMALE FERTILITY, PRE AND POST NATAL 4 HOURS

Since I researched and wrote my high school biology term paper entitled Birth Defects Caused by Nutritional Deficiencies; I have felt a strong passion to educate the public regarding the preventability of such atrocities. It spawned my interest into the study and practice of nutrition. It is full of illustrations to help the practitioner recognize the signs of nutritional birth defects. Detection and nutritional support from infancy and after can have a positively profound effect on their future development. This seminar also contains nutritional and herbal support for fertility, pre and postnatal development of the fetus and mother, as well as lactation and support protocols for conditions that may occur during this delicate time.

FEMALE HEALTH 8 HOURS

This day long presentation is a compilation of the highlights from the above described female nutrition, herbs and endocrine support seminars. It chronologically covers natural support from menstruation to menopause and everything in between.

MALE ENDOCRINE HEALTH 4 HOURS

Men are usually unlikely to share their health concerns as freely as women, but that does not mean they are non-existent. This seminar teaches natural yet easy to apply herbal and nutritional support to meet the health needs of your male patients. This seminar will detail alternative approaches to:

- Potency
- Fertility
- Testicular and prostate conditions
- Hormone balancing
- Andropause
- Heart health
- Other male health conditions

HERBAL AND HORTICULTURAL SEMINAR

HERBOLOGY 2-8 HOURS

These four series of classes are an introduction into the lore and multiple uses of herbs throughout the ages. Whether booked as a series or individual classes, each session includes the participants' hands-on experience using these highly scented utilitarian plants.

The Many Uses of Herbs 2 HOURS

Class one is an introduction to herbalism, including herbal terminology, types of herbal preparations, traditional herbal uses and lore throughout history.

The Herb Garden 2 HOURS

Class two will cover the different types of herb gardens, herb garden design, soil preparation, use of herbs in any landscape, fertilizing, propagating, harvesting, and preserving of herbs.

The Fragrant Herbs 2 HOURS

Class three enables the participant to enjoy the scents, colors and textures of herbs all year long. This session focuses crafting with fragrant herbs and the making of different types of potpourris, and the functional properties of aromatic herbs.

Herbs in the Kitchen 2 HOURS

Class four is designed to take the mystique out of cooking with herbs. It teaches the participant to combine and portion different herbs into blends and how pair them with specific foods. It also covers how to make herbal condiments such as bouquet garni, herb vinegars, oils and butters.

WINDOWSILL AND CONTAINER HERB GARDENING 3 HOURS

Bring the summer garden inside. This class is an enjoyable way to spend a few hours learning how to plant and care for your own container herb garden. Attendees of this class will be taught about choosing the right containers, natural and artificial lighting, soils, proper watering techniques, propagation of herbs, natural fertilizers and pest control. Each student will plant his or her own container herb garden.

LOVE POTIONS AND SENSUAL SCENTS 2 HOURS

This is a whimsical two hour class which details culinary and herbal aphrodisiacs, their traditional uses and preparations. This lecture also covers the basics of how to compose your own potpourri and love potions.

HERBAL FIRST AID SALVES 2.5 HOURS

Learn how to make your own salves and ointment at home. This class covers the basics of salve making and the herbs that lend themselves well to be used as first aid treatments. It is a hands-on session. The attendees will participate in the preparation of a medicinal salve for them to take home and use.

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HERBAL REMEDIES FOR THE COLD AND FLU SEASON 2.5 HOURS

Throughout history herbal treatments have been used to combat the common cold and flu. Now you can learn how to make different herbal preparation to help reduce the uncomfortable symptoms that accompany an infection. This class will discuss in detail the herbs traditionally used to enhance different functions of the immune system and a variety of methods to apply them.

HERBAL SCENTED HOLIDAYS 3 HOURS

Those wonderful scents of the holiday season invoke so many pleasurable memories. In this three hour class we will learn the lore behind the traditional scents of the holidays as well as make several seasonal herbal crafts to use or give as gifts

ORGANIC GARDENING BASICS 3 HOURS

With the high price of organic produce and lack of its availability, why not grow your own. This three hour class will cover enough information to successfully start and maintain your own organic garden. The information includes soil preparation, natural fertilizers, composting, companion planting, natural pesticides and the impact of the moon phases on gardening.

Unique Perspective

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