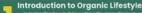
ORGANIC KITCHEN ESSENTIALS Introductory Course

In today's fast-paced world, it's essential to recognize that achieving optimal health is not a sprint but a marathon. With a focus on organic food and living, our program offers a holistic approach to health that encompasses nutrition, cooking, lifestyle practices, and more.

Here's a glimpse into what our program offers



 Understanding the principles and benefits of transitioning to an organic lifestyle.

Dispelling common misconceptions about organic products.

Organic Nutrition Fundamentals.

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Learning the basics of organic nutrition and its impact on overall health.

Organic Cooking Techniques

 biscovering costing methods that enhance havor while Incorporating organic ingredients into everyday recipes

Organic Shopping Guide

Healing with Organic Foods

 Exploring the therapeutic properties of organic ingredients and their role in promoting welfness.

Creating an Organic Kitchen

Tips for organizing and stocking an organic kitchen, including essential tools, equipment, and cleaning products.
 Weekly support to guide clients through the transition process.

Monthly Coaching

Beyond food, incorporating organic practices into self-care routines, including skincare, body care, and herbal remedies.

Overcoming Obstacles

 Strategies for overcoming challenges and maintaining a consistent commitment to the organic lifestyle.

Sprouting. Raw Food & Smoothies

Learn about spouling your own nut milks, raw decadent desserts, no ovens, no flour. no sugar! Nutrient dense smoothies.

Instructor: Ellen Thur at Organic 120.com

Our Executive Organic Food & Lifestyle Coaching Program is dedicated to providing personalized support and guidance to individuals who are ready to make a meaningful shift towards a healthier, more sustainable lifestyle. As an experienced coach, I am passionate about guiding clients through this transformative journey and helping them achieve their health goals.

Contact: Ellen Thur | 516-325-3688 | Organic120.com

Date:Wednesday, July 24 |Time: 11:30 AM - 3:30 PM | Location:Englewood NJ | Cost:\$125.00

Registration Link

https://www.paypal.com/ncp/payment/F8ZNRD5BAP3FS