

# The History of Nutrition Workshop

A Revolutionary Perspective on Health, Food, and Human Potential



## Overview

This visionary workshop offers a revolutionary lens through which to understand nutrition—by tracing the story of humanity itself. From our Paleolithic roots to the industrialized food systems of today, we'll explore how nutritional wisdom evolved with us, and how modern disruptions have contributed to today's epidemics of chronic disease, confusion, and disconnection from our bodies and vitality.

Uta Birkmayer's powerful visual presentation takes participants on a sweeping journey through time and biology, culture and science, healing and food. This is not just a workshop—it's a profound recalibration of what it means to nourish ourselves.

Above all, this workshop is a gift—an invitation to rediscover the wisdom your body already holds, and to reclaim your energy, joy, and health through a deeper connection to real, traditional nourishment. When we eat in harmony with our biology and heritage, we thrive—and those around us do, too. What's not to love?

## What You'll Learn

### Top takeaways include:

- Learn how nutrition and cuisines have evolved with humanity
- Gain a clear understanding of how food and health are linked
- Learn the globally accepted and adaptable principles of healthy nutrition
- Understand the importance of digestion and getting nutrients into your cells
- Appreciate how nutritional deficiencies lead to most of today's chronic diseases
- Get a fresh perspective on what foods to enjoy and how to stop superficial dieting

## Format & Delivery

Available: In-person only (due to visual and food demonstration components)

Length: 3 hours

Includes: Stunning 18-ft visual timeline banner, guided lecture, discussion, digestive overview, practical takeaways, and optional live healthy food sampling

## Preparation

Room requirements:

- Flat wall space at least 18 ft wide by 3–4 ft tall (no molding, outlets, or obstacles)
- Small table for food preparation and tasting

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- High-speed blender and seasonal ingredients list (provided in advance)

### Cost

Pricing varies based on length, audience size, and delivery format. Contact us for a quote tailored to your team, event, or organization.

### Who This Is For

Designed for:

- CEO teams and Mastermind groups
- Management and leadership retreats
- Nutritional and wellness conferences
- Anyone seeking a visionary perspective on food and health

### About the Facilitator: Uta Birkmayer

Uta Birkmayer is an Executive Coach, Functional Nutrition Therapist, and Functional Food Chef with over 30 years of global leadership experience. A Cornell University graduate, Uta has lived and worked across Asia, Europe, and the Americas—transforming her own health and that of her clients through the power of nutrition.

Certified by the Nutritional Therapy Association and the Institute for Integrative Nutrition, Uta is a Board-Certified Holistic Health Practitioner and a member of the American Association of Drugless Practitioners. She is passionate about the history of food, the traditions of long-living cultures, and empowering people and communities to thrive through authentic, ancestral nourishment.

Through RocketVitality and Xsense, Uta brings healing, clarity, and cultural intelligence to teams, brands, and individuals—integrating health into the heart of leadership, place-making, and transformation.

### Remuneration

Uta offers flexible pricing tailored to the scope, audience, and format of your event. Proposals are customized to meet your goals and budget—please reach out to explore options that work best for your organization or project.

### Book This Workshop

**Contact:** [uta@utabirkmayer.com](mailto:uta@utabirkmayer.com)

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