

## Sample Programs and Sessions:

### The Wholistic Nutritional DIET-eri OverHaul

- **Struggling with Weight Challenges?**
- **Unable to Get Rid of that Excess Bulge?**
- **Feeling Fatigued and Easily Frustrated?**
- **Sick and Tired of being Sick and Tired?**
- **Surviving on Fake Foods and Pharmaceuticals?**
- **Dealing with Diseases such as ADHD, Mood Management, Diabetes...?**

Studies have proven that our dietary approach is directly related to our health challenges. If you are looking to get back on track, the **Wholistic Dietary Overhaul** is for you. The over-haul involves a consultation, four day food diary review, a personalized eating plan, product and nutrition information, secret tips and support.

**Personalized** - book a private session package that will show you how to shift from where you specifically are at and what to do, how to do it and stick with it....\$400.00

**Generalized** - book a family or group session and learn of fabulous food options to replace the conventional, commercial, convenient crap you have bought into buying because of marketing magic. Address cravings and health challenges and revamp your everyday approach to everyday eating for whole self, healthful results. Up to 7 people \$600.00 / 8 - 16 people \$800.00

(with individual dietary reviews and eating plans)

### How to Cook and Eat Healthy and Love it.

- **Ever wonder how some people make it look so easy?**
- **Stop wasting your time with quick fix gimmicks and diets that are costly, cause yo-yo weight loss and gain, and put your health at risk causing more damage than benefit.**

**Obtain and sustain results right away with in-your-own-home-coaching!** Teri will come to you, rid your cupboards and refrigerator of all the culprits causing you health and weight issues and show you better product options, cooking techniques and recipes that will wow your taste-buds, shrink your waistline, lift your energy and your spirits and enhance your life for life. Half day session \$350.00

Add a cooking lesson – plus \$150.00

## Whole Self Health – Personal Training and Coaching

### **Self Observance – Self Care – Self Reliance – Self Mastery**

It's all about You:

How you think – How you respond – What you want –

What you say - What you do to support this -

How you view your self - And how faith in self will help you heal.

Nurturing a loving and honoring relationship with your self will enable you to forward this to every other relationship in your life. The path to healing and wellness begins within.

**The Way to Wellness program focuses on whole body wellness, addressing physical, nutritional, mental and emotional well-being for sustained health and happiness.**

**Various packages are available and can be customized to suit your individual needs.**

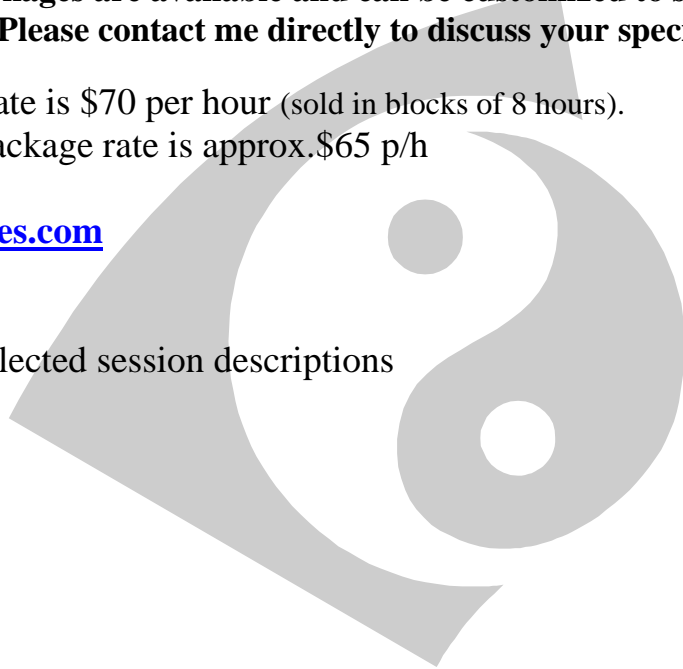
**Please contact me directly to discuss your specific objectives.**

Basic hourly rate is \$70 per hour (sold in blocks of 8 hours).

Customized Package rate is approx.\$65 p/h

[teri@terigentes.com](mailto:teri@terigentes.com)

Read on for selected session descriptions



## **Group and Corporate Sessions offered by Teri Gentes**

**Nutritional Cooking Workshops with on site demos and taste tests**

**Active Workshops for Body, Mind, Heart and Soul**

**Lectures for Mind, Body, Heart and Soul**

**Consumer & Corporate Seminars and Workshops**

**Wellness Retreats and Quarterly Program**

**Courses**

### **Sample Sessions included:**

- **Eating '101' in 2005**
- **Everyday Eating for Long-time Living**
- **Where's the Protein?**
- **NRG Eating**
- **The Latest FAD – a Forever, All-time Diet**
- **The Secret to Success –  
    ‘The Heart of the Matter’**
- **NRG Medicine and Mindfulness**



### **Eating '101' in 2005** (Nutritional cooking w/s)

The fats to lose, the fats to choose! The carbs to curb, the carbs to consume! The proteins that perturb, the proteins preferred! PRACTICAL and easy to understand, easy to use, healthful information to motivate you to with your cooking and eating habits and improve your health in every way. Scientific facts, food finds, samples and taste tests/comparisons of the fake and the fabulous foods abundant in our technologically advanced abundant environment with its stats of higher malnourishment than many third world countries. This is a session will provide fabulous nutritional information, recipes and healthful products for sampling!

### **Feeding Your Kids** (Nutritional cooking workshop)

Feeling at a loss over what to prepare for your kids? Attend this session and let me share some healthful, easy, kid friendly food and recipe ideas with you. Infusing flavor and nourishment into everything she prepares, Gourmet Nutritionist Teri Gentes will inspire you with simple and super lunch and dinner ideas such as Fast Fajitas, Pizzazi Rice, Nutty Nuggets, Fruit Fondue 'To-Go' and more. Tons of great ideas to abate the growing health concerns with dietary related diseases such as type two diabetes, ADHD, obesity, allergies and intolerances. Your kids will be wowed and wanting more.

### **NRG Eating** (Nutritional Cooking workshop)

Create fabulous foods to nurture your mind, body, heart and soul. The impact of the food we feed ourselves has more influence than we may want to believe yet I do think we ‘know’ and ‘feel’ our body will perform more efficiently with healthful eating habits. In this session you will be provided with great recipe and ‘wing it’ food ideas that put great food on your table quickly, easily and inexpensively. With dietary related diseases rampant all around us it is not too early, nor too late to make changes and positively impact your over all well being. Session involves demonstrations and taste testing.

### **Where’s the Protein?** (Nutritional Cooking workshop)

Think outside of the pen! Beyond beef, pork, chicken and fish. Overcome the concerns of not enough iron, incomplete proteins, Vitamin D and B and calcium deficiencies, and any other fears you may have about non-animal sources of protein. If you really want to do something truly healthful for your mind and body and heart and soul, then attend this session with an open mind and let Teri Gentes educate you on the ins and outs and ups and downs of various dietary approaches. She will provide you with great information, useable ideas and super sources of fabulous healthful foods to enhance or maybe even inspire you to completely revamp your present everyday diet to ‘rebuild’ a more powerful you. In this session you will be introduced to fabulous sources of healthful proteins that taste great.

### **Everyday Eating for Long-time Living** (Nutritional Cooking workshop)

Weight Issues – Health Challenges – Mental Disorders! Our nation is in a seriously threatened state of health with diseases such as heart disease; type two diabetes, obesity, depression, allergies etc... at record highs and running rampant. It is time to make some serious changes to cooking and eating habits and this workshop will show you wonderful ‘everyday eating’ habits that promote healthy weight management, overall well-being, immune support and abundant energy, can be. This session will provide you with ideas and tools to help you gradually shift from where you presently are to a healthy, balanced and life enhancing approach. You will be introduced to numerous healthy food options that may fast become favourites in your own home and gain insights and inspiration to take action immediately with your everyday eating habits.

**The Latest FAD – a Forever, All-time Diet – not just for weight loss (Seminar)**

What if I tell you that I have a sure-thing way to attain and sustain a healthy weight for life? Guaranteed results! Just send in \$99 today and this secret is yours. WOW! I would likely make lots of money. The crux here, the How To! – It is No secret. Eat less, choose healthier foods and exercise more! We all know this to be true yet there are the ‘but’s’... and, the ‘I have tried everything and nothing works for me’, or ‘it runs in the family’ objections. This session will address such issues and offer an approach that just may be your preferred path to a peaceful relationship with food and lifelong weight management. You will leave with an understanding of a healthy and life enhancing dietary approach and how to adjust your eating habits to meet your particular needs, objectives, and personal lifestyle. NO typical drastic calorie deprivation or forbidden foods, or ‘high protein, low fat, no carbs’ diets. Discover the joys of just eating – real foods, nourishing foods and fabulous tasting foods that satisfy mind, body and soul.

**What the Bleep Can I Eat?**

It’s good for you, its bad for you. It causes cancer, it prevents cancer. Drink milk for calcium – cows milk is meant for baby cows. ‘Holy jumping, I give up.’ Sound familiar? If you are singing (or screaming) with confusion, frustration and desperation, this session deals with these controversies and the craziness out there, offering some sense of sanity and solutions intended to comfort you and provide you with the tools to create your own healthful dietary approach. You will receive guidelines for what foods to choose, preparation “how to’s”, suggested healthful natural supplements and the importance and benefits of joyful and gracious consumption.

**The Secret to Success – The Heart of the Matter**

(Wellness/Mindfulness seminar)

As tangible as grasping hold of a heavy set of weights and yet as seemingly illusive as the invisible life force in every breath we take. We may be working hard, devoting our selves and every waking moment and energy to our career and our family, for our family - and still something is just not right. We may have a seemingly fabulous lifestyle sparkling with success and still we are discontented and unfulfilled and intimately involved with stress. Or perhaps success seems to elude us - no matter how hard we are working, we just can’t seem to achieve the goals we strive towards. If any of these issues sound familiar this session will address the many questions and lead you to the solutions you are seeking. Wholistic Lifestyle Wellness Consultant/Practitioner Teri Gentes will help to guide you to determining what your challenges really are and how you can overcome them and move your life forward peacefully, purposefully, successfully, and joyfully.

## **YogaChi**

The fabulous combination of Yoga and Tai Chi for an invigorating and relaxing mind and body workout that conditions us physically, mentally, emotionally and spiritually. The combination of these two ancient practices invites everyone to strengthen, stretch and stress release facilitating whole body wellness. This is a gentle workout suitable for all ages and abilities.

## **NRG Medicine and Mindfulness** (Lecture/workshop)

Our thoughts, our words and our actions have amazing impact upon our whole body health. Awareness of our thoughts, conscious programming of our self talk and verbal expression, and mindfulness of our actions can positively affect our well being in profound ways. Influences from the Ayurvedic approach, Qi Gong Energy Medicine, Mindfulness Awareness, Tai Chi, Yoga and Teri's application of ongoing self learning combine to shape the positive flow of this class. You will learn: exercises to release tension and protect your own NRG; affirmations to inspire, heal and self motivate; and self nurturing skills that are life enhancing. This practice is gift to yourself and every one you share it with. The class involves some movement – casual clothing is ideal.

## **Moving Meditation** (Workshop)

This workshop will touch on how you can be your own best friend, a medical intuit and master of your own destiny. Come to relax, reprogram and rejuvenate your entire being and leave empowered to positively affect your own well-being in the most powerful manner – from within, without and with all. With free flowing Tai chi, yoga and dance-like movement, release tensions, toxins and tainted self-talk that interferes with your wellness. Discover the impact and importance of the enlightening philosophy ... “energy flows where attention goes.”

## **Gentle Yoga Spirit** (Workshop)

Indulge in a head to toe, spirit to soul, self-nurturing, mind and body massage. This session is a gift to yourself. In our fast paced, “I want it now”, “make it happen quick” world, we all need to take the time to nurture ourselves and ‘Gentle Yoga Sprit’ is a great way to achieve that sense of inner peace and tranquility within. Emphasis is upon breath awareness, form, technique and adapting the poses to suit your body particulars. Experience nurturing yoga movements designed to calm your mind, soothe your body and rejuvenate your soul.

This has been developed for corporate/club retreat weekends/programs

**The Progressive 'Return to Health' Series:** (cooking w/s unless otherwise stated)

This series of health management focused workshops will provide information, motivation and an easy to incorporate approach that will enable a shift to overcome weight, health and energy challenges. It is not necessary to take each workshop in order if you are already on the path to wellness however each session is formulated in succession for those seeking a serious overhaul from the typical North American dietary approach that is most apparently not working for us with dietary related diseases on the rise and the state of health in society seriously jeopardized by the very industrialization intended to improve our life. Each session includes a seminar aspect, cooking/eating suggestions and food samples.

**R toH1: Beating Bad Habits** (seminar and samples)

Those not so healthy habits –hmm, they seem to sneak in, silently, quietly, and seemingly innocently. Initially you think, 'no big deal, just this one time', or 'it's the weekend, my birthday, their birthday', 'I'm a fitness buff', 'I'm stressed out' ... I am sure you get the picture. Then, one day you look in the mirror, and think, 'wow, is that really my body?' and you realize it is time for a change. If you are truly ready for it, this session will show you how to break the habits that got you to where you no longer want to be. With great ideas on how to shift from bad habits, to 'life enhancing habits', you will be shown 'baby steps' to achieving better health and establishing habits that enhance your life physically, mentally, and emotionally – mind, body, heart and soul.

**R toH2: Beyond the Basics and Brainwashing** (seminar and samples)

You have addressed the bad habits, have taken steps to eat well and stick with a healthier approach: less carbs, low fat foods, more protein, regular exercise and still you are struggling with weight and energy issues to say nothing of some irritating health challenges. What's wrong? In this session decades of brainwashing will be exposed for the market place myths they truly are. Startling info about our food industry, our government standardized so called 'healthy eating' guides and stories behind the scenes that are kept from the general public, will help you to: rethink your approach; get why you have been stuck in a rut and how to make the additional changes required to put you on the path to sustained health and weight management.

**R toH3: Naturally Nourishing** (seminar and samples)

The food selections available to us in these industrialized days can be mind-boggling. In this session we will look at sources of optimal natural nourishment to help us look, feel and be our healthful best. Surprisingly enough, or perhaps not, it is Mother Nature who rules in this area and over industrialization of our food sources is wreaking havoc with the health of our body and our planet. With this 'sure thing' called eating, and the desire to be healthy, it is crucial on a daily basis to take the time to plan your meals, stock your shelves and refrigerator with high quality foods, (organic when possible) and prepare/cook/consume foods to adequately fuel your body for life. Teri shares information, incentives and exciting food ideas that will inspire you to do just this.

**R toH4: Optimizing Efforts – High Performance Eating** (seminar and samples)

You are doing great and feeling good about your efforts and the results yet you know the environment (industrialization/pollution/chemicals/diseases/stress) and a hectic lifestyle present an onslaught of toxic challenges. Learn how to proactively power-load your system with super foods for superior health. Scientific studies show the nutrients in super foods, (also considered nutraceuticals) are more bio-available because they are ingested with micronutrients naturally present in whole foods. Discover what these foods are and how to use them to maximize their healing properties for disease prevention and improved health. In addition learn of how to complement your efforts with supplements that are helpful insurance for improved health and disease prevention and retarding the aging process.

## **The On-Site Nutritional Cooking Workshops**

(Can be set up as “team building” workshop / ‘hand’s-on’ partner or team focus.)

In these workshops, Teri will be educating upon the health aspects of nutrition, offering product suggestions and demonstrating how to create holistic foods that are health conscious, nutritious, delicious and easy. The interactive and informative presentations offer on-site demos, taste testing, recipe revamping, as well as up to date dietary and nutritional information delivered with Teri’s one of a kind style – count on humor, amusing shock factors, case studies, energy medicine exercises, relaxational techniques and more... You will learn the steps needed to follow through with a healthful approach for preparing nourishing health focused foods. If you are looking for the best way to nourish yourself and your family, these presentations are practical and specific to today’s lifestyle, health and dietary challenges and provide user-friendly information/education and inspiration.

*Kitchen access is not required.*

***Wellness Retreats** can involve lectures, cooking workshops and activity sessions such as cardio and strength training classes/outdoor hikes and cardio conditioning, aqua, yoga and stretch/relaxation classes.*

*Costs of workshops, retreats and programs begin at \$375.00*

*For additional information and customized workshop ideas please inquire at:*

[teri@terigentes.com](mailto:teri@terigentes.com)