

# SIGN UP FOR THE 12 STEPS TO WHOLESOME NUTRITION COURSE

1 February –  
19 April 2017



**WHOLESOME NUTRITION FOR YOU** is available now at leading bookstores and online

The *12 Steps to Wholesome Nutrition* course is a no-nonsense educational approach to food, nutrition and lifestyle. It is not a 'diet', but a powerful transition into a cleaner, healthier way of eating for the rest of your life. With a strong focus on your genetic uniqueness, we will guide you towards self-empowerment, as opposed to being reliant on a particular product or programme.

- Step 1 – Individuality (1st Feb)
- Step 2 – Beyond calories (8th Feb)
- Step 3 – Lifestyle and exercise (15th Feb)
- Step 4 – Mindful eating (22nd Feb)
- Step 5 – The facts about fat (1st Mar)
- Step 6 – The cut on carbs (8th Mar)
- Step 7 – Powerful protein (15th Mar)
- Step 8 – Food sensitivities (22nd Mar)
- Step 9 – From soil to plate (29th Mar)
- Step 10 – A review of popular diets (5th Apr)
- Step 11 – Supplements (12th Apr)
- Step 12 – Pulling it all together (19th Apr)

The course will be led by **Ian Craig**, Nutritional Therapist, Exercise Physiologist, co-author of *Wholesome Nutrition*, and international lecturer. Ian will be joined by his co-author and health food specialist Rachel Jesson, plus many respected guest speakers.

the **nutritionalinstitute**  
FOOD | NUTRITION | EDUCATION

MORNINGSIDE  
CHIROPRACTIC  
SPORTS INJURY CLINIC

## WHERE

Morningside Chiropractic Sports Injury Clinic

## WHEN

Wed 1st February till 19th April, weekly at 6.30pm

## HOW MUCH

Entire course - R1200 early bird (by 22nd Jan), R1500 full price  
Single evenings - R200

Contact [bookings@thenutritionalinstitute.com](mailto:bookings@thenutritionalinstitute.com)

View [www.thenutritionalinstitute.com/events](http://www.thenutritionalinstitute.com/events) for full details