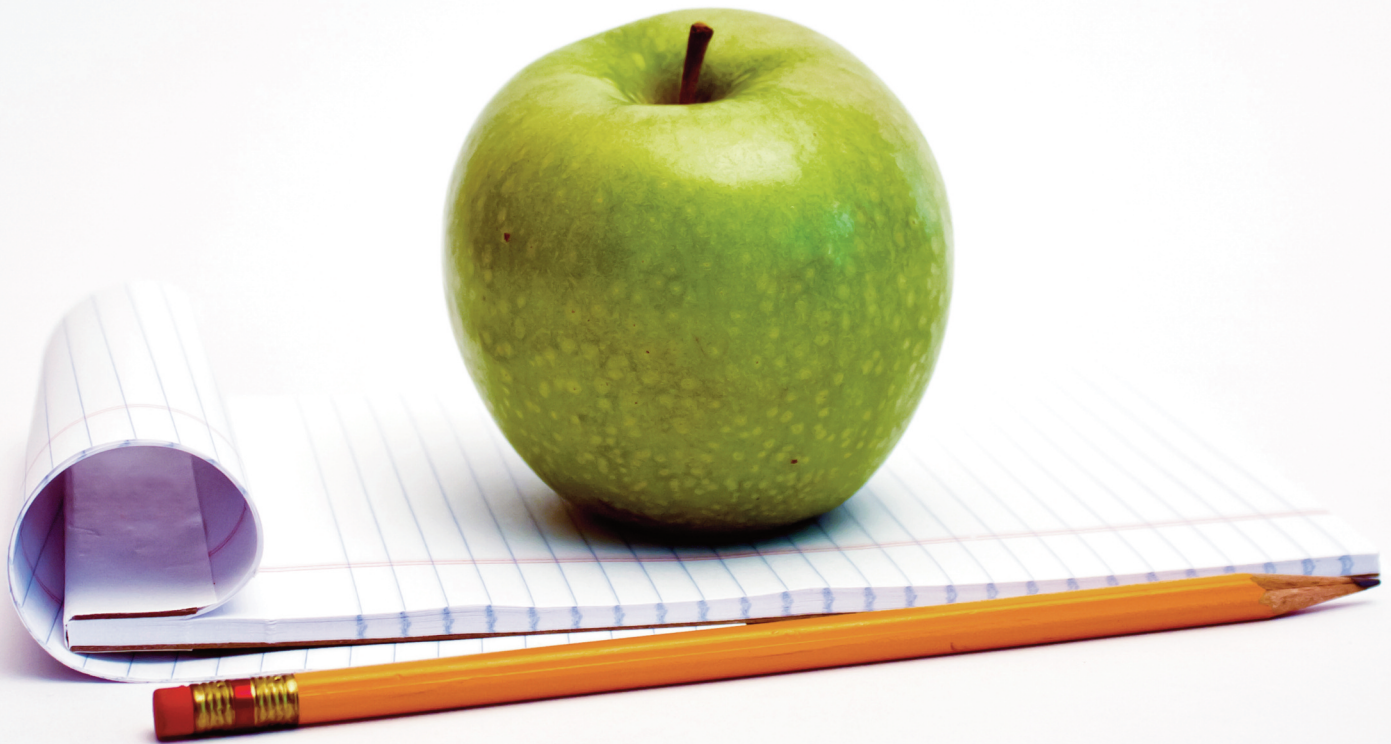




Lunch & Learn



Nutrition Education Programs

Easy, delicious & nutritious meal alternatives to high fat, high salt, high sugar diets.

Meet the Instructor: Katherine Lawrence



Katherine Lawrence grew up in Louisiana and joined the Air Force after graduating from college as an Aerospace Engineer. She served in the USAF for 4 years at locations including Florida, Kansas, Saudi Arabia and Iraq. She later moved to Ft. Worth, Texas to work as an engineer at Bell Helicopter.

In 2006, Katherine began to have severe abdominal pain. After several misdiagnoses over 5 months, her doctor determined she had severe endometriosis. It had spread beyond her ovaries and fallopian tubes, and formed adhesions around her intestine. Typically, endometriosis can leave scar tissue on the reproductive organs, sometimes leading to infertility. Her doctor told her there was no cure for her severe condition and she must have surgery to remove it. Furthermore, she would have to take medicine to put her into early menopause in order to keep it from coming back. He also advised that she would eventually need a hysterectomy.

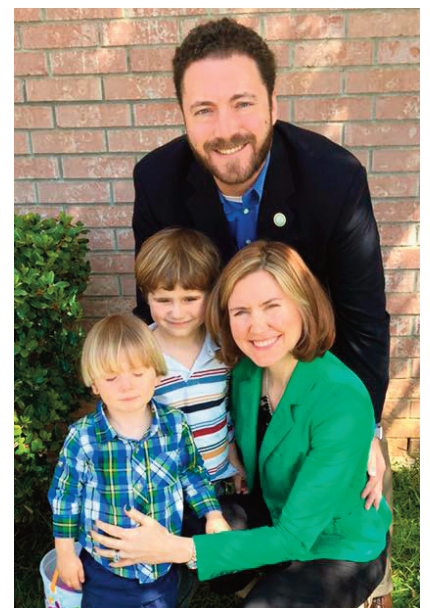
Instead of opting for the hysterectomy, she went to see a nutritionist who talked to her about nutrition. He taught Katherine which foods can damage the reproductive system and which foods can help heal it. On his recommendation, she removed most of the excess fat, salt and sugar from her diet and began eating more whole, plant foods. It was a difficult transition, but she felt it was her only hope at avoiding surgery.

After 5 weeks on the new diet, she went in for the laparoscopy. The doctor saw evidence of the scarring and the adhesion around her colon, but 95% of the endometriosis was gone. He was amazed! Katherine stayed on the diet and started to notice wonderful changes taking place in her body. First, the abdominal pain was no longer there. Then, she started to get new hair growth on her head and her skin became clearer. Her cholesterol dropped from 178 to 128, too! After several months, the seven fibroid cysts she'd had in her breasts since puberty had dissolved. Over the course of several months, she even lost 50 pounds! Now, there was no going back.

Katherine began studying nutrition profusely and obtained her certificate in Plant Based Nutrition from Cornell University. She also studied at the world-renowned Kushi Institute in Massachusetts. In 2008, she became an instructor for The Cancer Project, a national, non-profit in Washington, DC who offers nutrition and cooking classes to the community. In 2010, she broadened her outreach work as a site lead for the nationwide GEICO study to introduce healthy eating to its employees. Her passion is empowering people to improve their health, their perspective and their lives through healthy eating. Katherine has taught over 5,500 students in DFW.

Katherine eventually became pregnant naturally in 2010 and had a wonderful, healthy boy. She had a second, vibrant, healthy boy in 2013. Through breastfeeding and good nutrition, they have thrived! They have renewed her passion for this lifestyle and sharing information with others.

Katherine specializes in empowering students to make changes at home that are healthy and easy. She provides a level of encouragement and hope that is unmatched in her field. In 2015, she opened a 5,000 Sq ft demo kitchen in Southlake, Texas to further her mission of providing free nutrition and cooking classes to empower people to change their lives for the better. Katherine served as an instructor and manager of the eCornell online certificate program for 4 years, teaching over 1000 physicians and medical personnel how to apply important nutrition information to their patients and practices.



Meet the Instructors: Matthew Ireland



Matthew Ireland is from Lubbock, Texas and is a 5th generation military service member. He served as an electrician in the Air Force at various bases around the world, including Florida, South Dakota and Saudi Arabia.

In 2012, Matt had high blood pressure, high cholesterol and was about 40 pounds overweight. In addition to suffering with shortness of breath and chronic fatigue, his poor health was affecting his home life. He struggled with bouts of and didn't want to play with his children due to his moodiness and low energy. He and his children survived in the drive-thru lane, frequenting fast food restaurants. Instead of asking "what are you making for dinner?"; his kids had grown accustomed to asking "where are you taking us for dinner?". After a while, he took notice of the effect their poor diet was having on his children. They began to have similar issues as him, with low energy and chronic fatigue. But their poor diet also affected their attention span and prevented them from being able to focus on tasks for very long periods. Additionally, his

young son had severe IBS and severe allergies.

One day, Matt realized that if he didn't change what they were doing, it was going to become a multi-generational problem. Because he didn't want to leave a legacy of overweight and unhealthy children, he made some changes. So, his family started cooking at home more and got involved with an organization that provides support to those wanting to eat healthier.

Once they changed their food and how it was being prepared, everyone felt better, happier and more energized. He noticed the kids took a real joy in mealtimes and seemed to thrive on that family time. Matt's son's IBS went away and he was sleeping better. Matt lost 35 pounds and his blood pressure is now at a safe and healthy level. He has more energy and no longer struggles with depression.

Matt is now dedicated to helping people make healthier choices and empowering them to cook at home more because he realizes that it's not just about the food. Matt sees how profoundly we are affected in so many ways by our food choices. He is dedicated to teaching others how to find similar happiness and the satisfaction that he has found.

Matt is now certified to teach Plant-Based Nutrition from Cornell University. His passion is to empower people to improve their health, their perspective and their lives through healthy eating. Matt has worked with several veterans groups across Texas, and employee wellness programs and medical facility health programs. His nutrition classes are interactive, energetic and filled with the same passion that Matt now has for life.

Michael Hilden



Michael was born in Fort Worth and has lived most of his life in the DFW area--except for that brief 6-year time he ran away to the Marine Corps. During his time in the Marines, as a Signals Intelligence Analyst, Michael was fortunate enough to serve his country during Desert Storm, provide humanitarian efforts for the San Francisco quake of 1991 and the Mt Pinatubo volcano eruption in the Philippines. Post military life, Michael returned to the University of Dallas where he obtained a BA Psychology degree. Currently, Michael is employed by a fortune 50 company and has been an engineer since 1998.

While in college, Michael met his would be bride, Tamra, and in 2002 they were married. While trying to have children, Tamra discovered that she has Poly Cystic Ovarian Syndrome (PCOS). Besides the reproductive impact, PCOS has an increased risk for Heart Disease and Diabetes. A few years later, Tamra discovered that she also has Lynch Syndrome. This is a genetic mutation that has an increased risk for Colon Cancer among others. Her mom has survived Cancer five times and accredits much of that to food and lifestyle choices. It was after these two unfortunate realizations that Michael and Tamra decided to pursue a more holistic nutritional lifestyle. In January 2016 they switched to a whole-foods, plant-based lifestyle and Michael recently completed the eCornell Plant Based Certification Course.

Michael's passion has always been to help serve others. His personal goal is to continue learning as much as he can about nutrition and how it affects our daily life and to teach others about how they can improve their quality of life through effective food choices. As Michael likes to put it, "I have now managed to come out of the cave; I can never go back and I feel it's my duty to help anyone who wants freedom from bad food choices to achieve that freedom. I look forward to helping however I can in that regard."

PCRM, Dr. Neal Barnard, Dr. T. Colin Campbell & eCornell



Physicians
Committee
for Responsible Medicine
PCRM.org



Katherine is the National Instructor Trainer for the Food For Life program and has worked side-by-side with Dr. Neal Barnard (the founder) on presentations. She also contributed to his new book due Spring 2017.



Katherine has worked with T. Colin Campbell, PhD and author of "The China Study". She was an instructor and managed the eCornell certificate online program authored by Dr. Campbell from 2011-2014. It is the only online program where doctors, dietitians and others can earn continuing education credits on nutrition.



T. COLIN CAMPBELL
Center for Nutrition Studies



Partners who have utilized our classes:



**Katherine
has been featured
on NBC 5 News twice
to teach
nutrition.**



0:41 / 1:22



Share

EMBED

**Classes can be at our facility or yours.
No kitchen is necessary.**



***"This is the most important class I have ever taken in my whole life."
- Erns in Denton***

Janet from Plano:

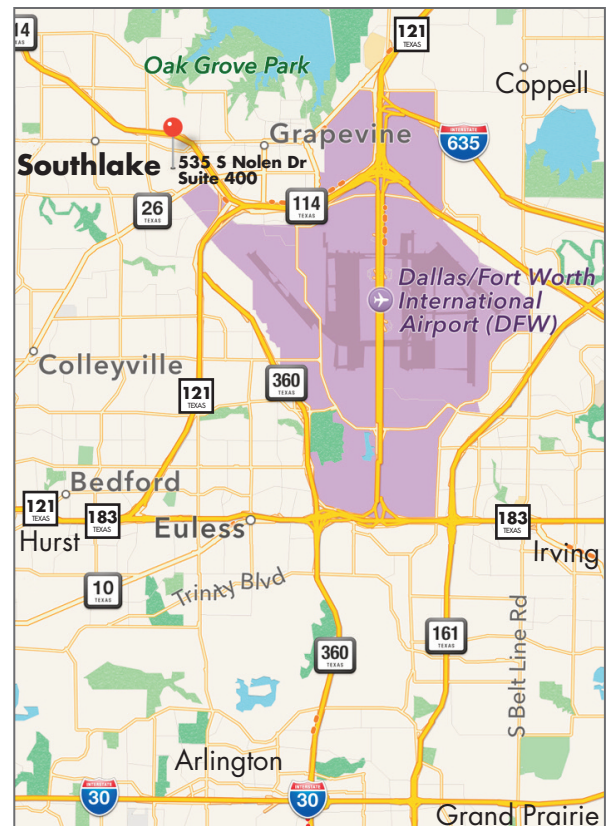
"Never in a million years did I believe that I could attend an 8 hour class and be riveted the entire time! So much information, so many great tasting recipes, etc.,

Jennifer from Colleyville:

"Before the class I was anemic with low-bone density and regular migraines. The information I learned in the class was so valuable to improving all of these conditions. I haven't had a migraine in months and I just got my bone density report from my doctor... it has improved significantly! Thank you!"

"Since taking Katherine's class 4 weeks ago, My sugars, both fasting and 2-hour post meal, have dropped 60+ points now. My hot flashes have diminished and are barely noticeable. My restless leg syndrome has totally disappeared. The neuropathy I had in my feet is almost gone too. I have also lost officially 11 pounds. My hemoglobin A1c was 11 when all this started. It is now 6.8. I also need to mention that the "flashes and floaters" in my eyes are now fading away also. This class truly changed my life."

- Jerry in Arlington



**Food Saved Me
535 S.Nolen, Suite 400
Southlake, TX 76092
817-421-3663**

***"This program is a real eye-opener. It has totally changed the way myself and my husband choose our food!"
- Eileen in Fort Worth***

How can these Nutrition Classes benefit your company and employees?

Check out the results from the *GEICO Workplace Wellness Program*, for which Katherine was site lead for the Dallas location.

Stats: 130 employees with BMI > 25% and/or Type 2 Diabetes

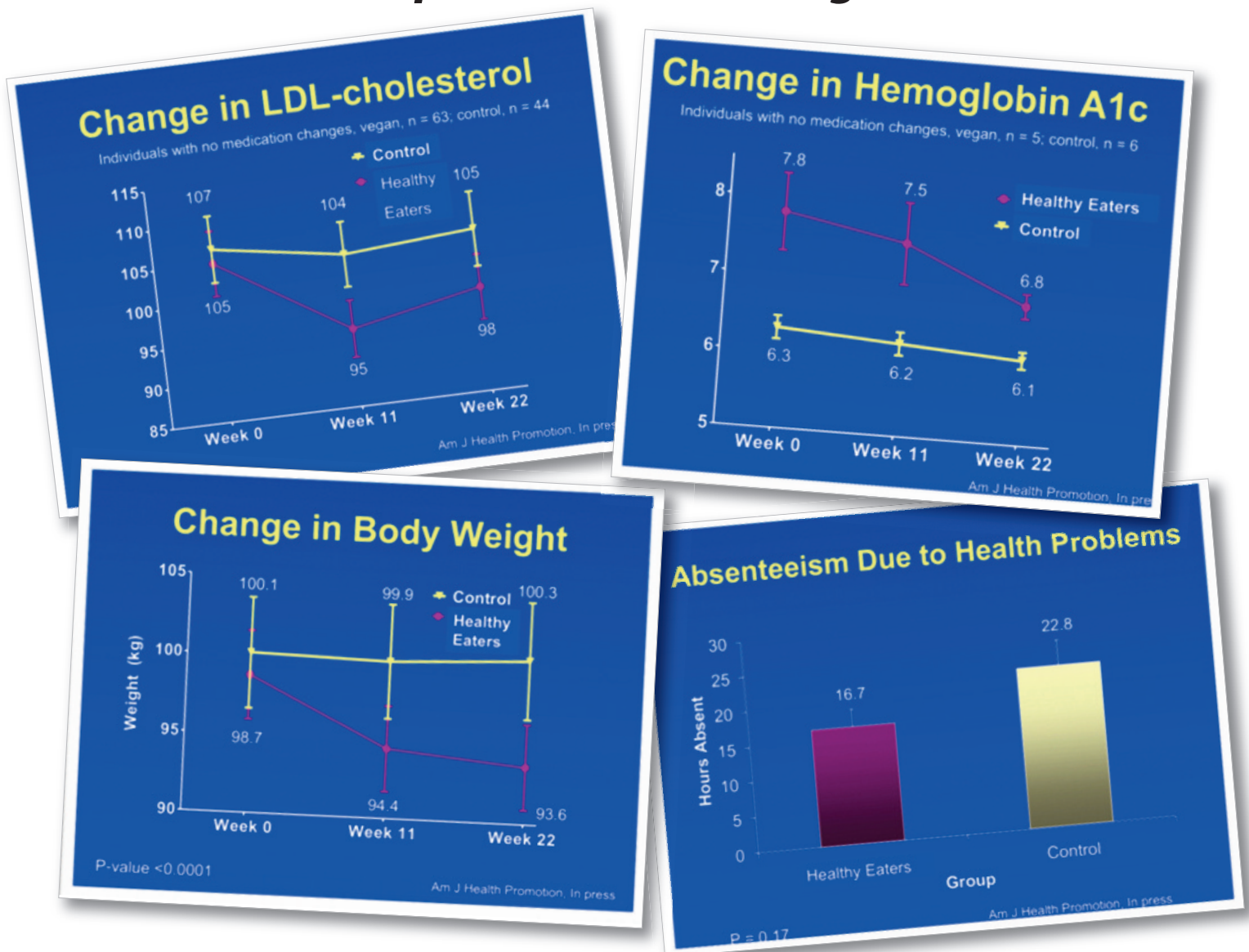
Summarized Results After 22 Weeks:

- Reduced LDL cholesterol
- Reduced A1C
- Lower body weight
- Lower waist circumference
- Lower work absenteeism rates



For more detailed results, refer to the published papers in the *Annals of Nutrition & Metabolism* and *The Science of Health Promotion*.

GEICO Workplace Wellness Program Results



Nutrition & Cooking Classes:

All classes are FREE and a kitchen is not required.

Classes include:

- ★ Nutrition information
- ★ Printed recipes
- ★ Food demonstration (no kitchen required)
- ★ Food samples

To book
your class
today, call
817-526-4811

Class Offerings:

Food Addiction 911-How to Overcome Food Cravings
(45 min - 1 hour) ~ *Our most popular!*

Power Foods for the Brain (45 min - 1 hour)

Food For Life - Cancer Prevention (1 1/2 - 2 hours)

Food For Life - Diabetes Prevention & Reversal (1 1/2 - 2 hours)



Monday, July 25th, 6:30 - 8:00 pm

(Sample Class Flyer)

Food Addiction 911!

Reclaim Your Power Over Health, Weight & Food



Katherine Lawrence is a nutritionist who specializes in disease prevention and recovery through nutrition. She has taught over 5,000 students in DFW and offers free nutrition classes in her Southlake offices.

Do you find yourself eating foods you know aren't good for you but can't seem to stop?

Crave sugary treats? High fat junk Food?

Tired of feeling food is controlling you?

Continue to struggle losing the last 10 lbs?

Join Katherine as she demonstrates some healthy & tasty treats that overcome cravings. FREE food samples and printed recipes will be provided!

**Your business name and
address**

Notes:

Notes:

*"Let food be thy medicine
and
let thy medicine be food."
~ Hippocrates*

**To book
your class
today, call
817-526-4811**



Food Saved Me
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