

# Nutrition for Wellness



This 13-hour course offers nutritional strategies for generating extraordinary wellness and necessary for the practice of bodywork and quality of life. Students learn nutritional approaches to enhancing digestion, detoxifying from environmental toxins, resolving pain and inflammation, calming anxiety as well as developing immune integrity, physical strength and mental focus. Class includes: sensory awareness, intuitive eating, nutritional science, food preparation and sampling locally grown food.



**2024 Class: Wed, Feb 28-Mar 13, 5-8:15 pm**

**Reg fee: \$26 Tuition: \$260**

**Location: 516 N Quarantina St (IDL optional)**

**Highly Recommended Textbooks: Life Changing Foods by Anthony Williams, Handouts**



**Kathleen Mickey, HHP, RPP, CAMTC #18289**

A Somatic Educator since 1986, Kathleen Mickey, is the director and lead instructor of the Santa Barbara Body Therapy Institute. Over the past 31 years, she has trained over 3,000 students in massage, bodywork, and holistic health. Her approach to teaching nutrition, like bodywork, is applied. She inspires students to make profound changes within their health and well-being by nourishing their body from the inside out. Her graduates learn to engage confidently with the general public through cultivating their robust immune response.

**GUEST INSTRUCTOR: Cass Cornish**

Approval to operate by CA BPPE since 1985 #19282 as in compliance with CA state standards. School code #4201111. Approved for training for Veterans and eligible persons by the CA State Approving Agency for Veterans #2-5-1333-05. Approved by the CAMTC only as a part of our 550 hour program requirement #SCH 0020. Accepted by CA Vocational Rehabilitation.

**Santa Barbara Body Therapy Institute 516 N Quarantina St Santa Barbara, CA 93103**

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**Student Testimonials:** *“My body does not like food. I have been nauseous and vomiting since I was an infant, often 6-8 times/day. Most days I am also in a high level of pain with a migraine headache and overall fatigue.. I have worked as a nurse for 37 years and have gotten no relief from Western medical. The acids from my stomach were so strong that they damaged both sphincters cardiac and pyloric. Prior to taking this Nutrition class, I had narrowed the foods I could eat to a small handful of foods. When Katie introduced my husband and I to juicing... it was life changing. We immediately bought a juicer and began juicing large quantities of celery juice and mixed vegetables. Since drinking celery juice, I no longer need to take antacids (I was consuming 4-6 daily. The nausea has decreased considerably.” Robyn Segura, LVN,*

*“In my Brazilian culture we practiced food as Medicine. Liver was a staple and we made soup with fish heads. I got pregnant at 47 and breast fed my son. When I came to the states, I changed my diet and developed extremely painful sciatica. I was put on strong pain medication, and was forbidden to drive within 12 hrs of medication. Following the requirement to not medicate, I drove to a friend’s and blacked out while driving due to the agonizing pain. I underwent surgery to relieve the sciatica, however the pain continued and emotionally I became depressed.. In the last four months since I started the 550 program, I have eliminated flour, gluten and sugar; and added Omega 3 oils, nuts and seeds, and lacto bacillis rich foods such as kefir and fermented veggies. I no longer wake up in pain or go to bed in pain. I have not had a headache in a long time and my brain has more energy.. I lost 6 lbs in the last three week and quit my hormonal replacement therapy. I am not having night sweats. I sleep much better and am no longer depressed.” Marcia Lederman, current Nutrition and 550 student*

*“Nutrition was one of the first classes that I took at the Body Therapy Institute and remains one of my favorites. I particularly enjoyed how interactive a lot of the classes were. Students worked together to concoct wonderful healing remedies such as Liver Flush and Polarity Tea. The course offered extensive knowledge on a variety of diets. Katie introduced us to the Holy Four of healing foods: fruits, vegetables, wild foods, herbs and spices-all rich in antioxidants, minerals and phytonutrients. We learned how to integrate different foods from around the world, such as seaweeds for iodine, and fish for healthy fats. I enjoyed the approach of targeting a personal pathology through nutrition, as opposed to pharmacology. I added garlic, onions, beets and omega 3s to my diet to help open my blood flow to my extremities, due to peripheral circulatory issues I have experienced life -long. I am happy to report that my previously ice cold hands are now warm to the touch and a more pleasant temperature for my clients.” Marina Katsanes, 550 grad*

*“I really enjoyed the nutrition class. We got to learn about the spiritual aspects of food such as: the nurturing quality of avocados and how beets help the body to produce nitric oxide to open our blood flow. I now feel more connected to my food.” Maci Rae Odom, 550 student*

*“From the perspective of personal physical health, it was be good to hear about the effects of nutrition on the mind, spirit, and body, and to experience (and taste) the recipes by making them, rather than just learning about them. It was great to be able to learn about holistic nutrition based on the textbook we were using. I believe that human health is not just physical health, not just mental health, but the connection between body, mind, and soul is important. Some people want to avoid it when it becomes too specialized, but I believe that your nutritional science was a starting point, a gateway of interest for everyone. Reviewing macrobiotics principles was also great to be reminded of that and to be able to link some of the content to that.”*

*(One more thing, when I took your class, I was honestly tired of the strictness about masks where I live. But when I saw that everyone was having fun without masks and the scenery was the same as before Corona, I felt so much lighter. I can relate to your thoughts on health.) Thank you.” E. N., grad from the Bay area*