

Alternative Primary Care

Food Therapy Program

Winter 2014

Three Food Program options are being offered in January. Review the descriptions of each to determine which option is right for you.

To allow for a more productive learning environment, the classes have a maximum of *12 students* in each group. This also helps foster a deeper connection to the material and among the group. With *limited* seating, please consider reserving your space today.

This Food Therapy Program has been designed to provide you with *flexible* consultation and treatment options to meet your individual preferences.

Attend Today by Calling

464-1645

Alternative Primary Care

441 Kings Bay Drive
Crystal River, Florida

The Benefits of Eating a Plant Based Diet are NO LONGER Conjecture. Over the last 30 years, many Evidence-Based Clinical Research Studies have yielded conclusive results that demonstrate the **HEALING POWER** of dietary choices.

This Program will give the tools and basics needed to plan and prepare healthy Gluten Free and other Allergen Free meals that help you feel and be your best.

You owe it to yourself to better understand how what you eat determines how you feel.

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Alternative Primary Care

441 Kings Bay Drive
Crystal River, Florida

Wellness

Through

Nutrition

Winter 2014

Gourmet Healthy Meals

- ❖ Simple Ingredients
- ❖ Simple Instructions
- ❖ Simply Delicious

Breakfast, Lunch, Dinner, Snacks

Entertaining – Solo Dining

Desserts



Nature's little helpers, here to help you

Meals Planned & Prepared by:
Dr. David Bibbey, L.Ac.

Program January 6 – February 12

Alternative Primary Care
Kings Bay Plaza – Crystal River
352.464.1645

Eat Well – Stay Well
Traditional Medicine
Modern Wellness

Dr. David Bibbey L.Ac.
Wellness
Through Nutrition

Food Therapy Option 1

- Plant-Based Food Plan
- Herbal Plan & Review
- Personal Plan & Goals
- Clinical Evaluation**
- 100+ Recipes
- 18 hours Instruction
- Meals Prepared*
- Hands-on Learning
- Physician Supervised

12 Classes***

Monday & Wednesday

6:00 – 7:30 pm

\$ 599.00

Food Therapy Option 2

- Plant-Based Food Plan
- 100+ Recipes
- 18 hours Instruction
- Meals Prepared*
- Hands-on Learning
- Physician Supervised

12 Classes***

Monday & Wednesday

6:00 – 7:30 pm

\$ 399.00

Food Therapy Option 3

- Plant-Based Food Plan
- 3 Hours Instruction
- Meals Prepared*
- Hands-on Learning
- Physician Supervised

3 Classes****

Friday ONLY

6:00 – 7:30pm

\$ 20.00 drop-in

* Classes on Monday, Wednesday, and Friday include meal preparation and service

** Clinical Lab Work Comprehensive Wellness Profile is available at preferred rates (additional \$99.00 each)

*** Classes Schedule: January 6 – February 12, 2014 (Mondays and Wednesdays – Total 12 classes)

**** Friday (Drop-in) Classes will meet January 17, January 24, and February 7 (Please sign-up in advance – Limited Seating)