

ABOUT JOY FELDMAN

Joy is the author of the award winning wellness guide and cookbook, *Joyful Cooking in the Pursuit of Good Health* and the children's picture book, *Is Your Hair Made of Donuts?* These two books both operate on a simple premise: *we are what we eat.*

Joy's education began in the field of law and legislation, but later she changed careers after recovering from a crippling auto-immune illness. She began post-graduate training in Nutrition, which included pursuing a Masters Degree in Holistic Nutrition as well as one-on-one mentoring by Dr. Lawrence Wilson, considered one of the foremost authorities on nutrition and on the science of mineral balancing. Under Dr. Wilson's tutelage, she earned a certificate in Biochemical Nutritional Balancing Science from Westbrook University and also completed Advanced Training in Biochemical Nutritional Balancing Science. She has a worldwide private practice and also instructs/teaches Nutritional Balancing Science where she educates new practitioners (e.g. physicians, chiropractors, acupuncturists and mid-level providers) on interpretation of hair charts, lends guidance on nutritional protocols, assists in teaching lifestyle changes, and explains how to recommend supplements based on interpretation of each individual's biochemistry. To further assist her clients, she also studied Restorative Blissful Yoga, Yoga Therapy Training, Breath Work, and Meditation, as a means to provide additional healing techniques for clients on their path to transformation. Moreover, Joy has appeared on national radio and TV, (MSNBC, NBC and Fox) and lectures on Holistic Nutrition at local colleges, health institutions and schools nationwide.



CONTACT JOY

JHF Nutritional Consulting
Wickford Chiropractic & Wellness Center
610 Ten Rod Road North Kingstown, RI 02852
401-855-8800 | joyfeldman.com | joy@joyfeldman.com

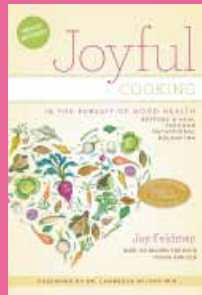
FOLLOW JOY

TWITTER: twitter.com/sunnichild
YOUTUBE: youtube.com/thejoyfeldman
FACEBOOK: facebook.com/jhfnutritionalconsulting

ARE YOU IN PURSUIT OF GOOD HEALTH?

A Six-Month Educational Series to Improved Health with Nutritional Expert Joy Feldman

BOOKS BY JOY



Joyful Cooking in the Pursuit of Good Health

Based on the science of nutritional balancing, *Joyful Cooking in the Pursuit of Good Health*, operates on a simple premise: *we are what we eat.* This comprehensive guide to total healing helps restore and balance the body and the mind.

Is Your Hair Made of Donuts?



This whimsical picture book empowers young people to take control of their health. Each delicious page of knowledge found in this magical journey, educates children towards making healthy choices.

Sponsored by the

Gloria Gemma®
Breast Cancer Resource Foundation



A SIX-MONTH PROGRAM TO IMPROVED AND OPTIMAL HEALTH

This free program is open to everyone and is sponsored by the Gloria Gemma Breast Cancer Resource Foundation. It consists of a series of 1½ hour presentations on health and healing. These interactive discussions are designed to be flexible, fun, and spontaneous, taking the group where it may want to go as interests indicate.

These sessions are designed for everyone—those that are healthy, and want to maintain good health; those that are facing the challenges of illness; and those that have survived cancer and want to change their lifestyles to have a healthier future.

Feel free to attend all six classes or just choose those that interest you. These classes will meet from 6:30pm to 8:00pm on the second Thursday of each month for six months beginning January 10, 2013.

Registration is required and should be made by contacting the Foundation at:

(401) 861-HERO (4376)

or email:

info@gloriagemma.org

All workshops will be held at the Gloria Gemma Breast Cancer Resource Foundation, located at 249 Roosevelt Avenue, Suite 201, Pawtucket, Rhode Island.

Free parking is available directly across the street.

Everyone is entitled to optimal health. Having energy, vitality, emotional balance, and a steady sense of joy is within your reach. Come and learn about groundbreaking information regarding diet, health and nutrition.

We will inspire, motivate, and educate – cutting through the confusion about health, healing, and a state of wellness.

Class One

Taking Control of Your Health - The First Step

January 10, 2013 | 6:30-8:00 PM

Learn how to take back control of your health. Based on Nutritional Balancing, A New Science of Energy, we will examine this advanced method of healing that helps restore the body's vitality and energy producing capacity by gently balancing the body.

Class Two

Debunking the Myths Around Food - Food for Thought

February 7, 2013 | 6:30-8:00 PM

Part 1: *Are you confused about which foods to eat? Are you ready to regain your vigor and energy? So where do you begin? Today, eating the proper foods is confusing and unclear. The uncertainty regarding which products are healthiest has gone beyond all conceivable limits. Together we will examine which foods are best for laying the foundation of optimal health.*

Part 2: *What foods should you avoid in your diet? Discussion will focus on problem foods and what should be removed from the diet.*

Class Three

What's Cooking? - Making a Great Dinner!

March 14, 2013 | 6:30-8:00pm

Get Juiced! We will make fresh vegetable juices and learn about the benefits. After completing the juicing section of this class, we will prepare a full meal, including an entrée, vegetable and dessert.

Class Four

Complimentary Modalities

April 11, 2013 | 6:30-8pm

Sauna Therapy- What is near infrared Sauna Therapy and how can it benefit your health? Learn about castor oil packs and how they assist the body in healing. Lastly, we will discuss meditation and how this ancient tradition can benefit your mind and body.

Class Five

To Take Supplements or Not to Take Supplements

May 9, 2013 | 6:30pm-8pm

Come to this class to learn why supplements are beneficial to your health.

Class Six

How to maintain your optimal health

June 13, 2013 | 6:30pm-8pm

The last class in this series will teach you how to implement all that you have learned over the past six months. Specifically, tips, tools and techniques will be demonstrated and taught on to how to integrate your new knowledge into your lifestyle, so that you will be on your path to achieving optimal health.