



# HOW FOOD CAN BE YOUR MEDICINE

FREE COMMUNITY CLASS

THURSDAY  
MAR. 23RD  
AT 5:30 PM EST/  
2:30 PM PST

**DO YOU STRUGGLE WITH FEELING CONFIDENT ABOUT NUTRITIONAL CHOICES THAT WORK FOR YOUR UNIQUE BODY? ARE YOU FEELING CONFUSED, RESTRICTED OR OVERWHELMED ABOUT HEALTHY FOODS?**

Learn how to break free of old patterns and thinking around food that are keeping you stuck, so that you connect to a deeper, healthier, and more sustainable relationship with yourself. This class will cover:

Why a general one-size-fits-all nutritional approach doesn't work for optimal long-term health

How to embrace the uniqueness of your individual constitutional needs to feel more confident, empowered and content around food

What you need to know about safe and supportive cleansing and detoxification

Why unsupportive, harsh cleanses and fasts throw off the delicate balance of female hormones

How to receive the amazing benefits of cleansing like mental clarity, safely releasing toxins deeply stored in your tissues, hormonal balance and increased energy levels

Supportive holistic knowledge for your mind, body and spirit on healthy meal routines and lifestyle

Foundational natural nutritional education to satisfy basic physiological dietary needs

Special recipes balancing for all constitutional types

Educational handouts that you can take home, such as "Five Foods for Hormonal Balance"

**All are welcome! Receive the support of a nourishing, nonjudgmental and compassionate group space to help you thrive with food as your medicine.**



## FOUR SEASONS HARMONY

Whitney L. Erwin, M.Sc., M.Ed., LMT, is the Owner and Proprietor of Four Seasons Harmony, directing all aspects of a small, full-time thriving private practice since 2015 in Clinical Herbalism, Ayurveda, Holistic Nutrition, Infant Massage Instruction to Families, Clinical Fertility, Prenatal and Postpartum Care, Aromatherapy Education, Reiki & Indigenous Healing Arts