

The Rice Diet Retreat

Starts-November 30th

Now only \$249.* if you register before October 5th

***does not include lodging**



Can't afford a \$6000 one-month Rice Diet immersion in Durham? Come for a 3 or 6-day crash course in the body and soul-quenching Great Smoky Mountains of NC! Rice Diet Dietitians, Kitty Rosati and Anna LaBarre, along with dietetic intern Trish Hipgrave, will serve up more weight loss, health-promotion and disease-prevention information than you have ever consumed in 3 to 6 days.

The Rice Diet Retreat will include:

The Rice Diet Crash Course topics:

- How the original Greek word *Dieta* sheds the light on our need for Lifestyle change
- The ambitious results you can expect within a month on the Rice Diet
- The therapeutic potential of a very low sodium, whole foods diet
- How to do a Rice Diet at Home (details with menu planning)
- Practicing the nutrition and conscious consumption philosophy
- It's a brain thing—appreciating optimal food versus what's fast and convenient
- Healing at the Roots, tending to the emotional and spiritual underpinnings of disease
- Social life beyond the retreat, and surviving the dining out dilemma
- Expressive writing—the research and the how-to's on left and right brain journalizing.
- Food journal research and *Rice Diet Coaching You* details
- Hands-on experientials via cooking classes and making meals together

*Course cost includes Kitty's latest book, *The Rice Diet Renewal*, and the food journal designed for Rice Diet participants, *Journal for Health*, and one complementary 30-minute *Rice Diet Coaching You* session after the retreat.

The Rice Diet Retreat:

- All of the above plus
- Beginner yoga both mornings lead by registered yoga instructor Cathy Woods
- Zumba night lead by Amai from Bryson City Fitness
- All meals

3 day retreat \$399. register before October 5th \$249. register before November 1st \$269.

6 day retreat is now unavailable; request may be made to be put on the waiting list

Lodging is not included/ Lodging \$50/night pp (based on double occupancy)

If you have never heard about the first American medically-based program to use diet as the primarily modality for the treatment and reversal of disease, this invitation is just for you!

The Rice Diet Program, now with more than 73 years of practice, inspires the fastest, safest and most effective weight loss and heart disease risk factor results ever published, with the use of a no salt-added, whole foods (grains, beans, fruits and vegetables) plus fish diet. Participant long-term success is also most impressive: 43% maintained their weight loss, or lost more, after six years back home! We promote the health of individuals and the environment through supporting sustainable food practices, eating primarily organic, locally grown foods. We also teach yoga, meditation, tai chi, Pilates, and other practices that support and sustain the health of our body, mind and spirit.

*In this season of giving and epiphanies,
why not gift yourself or your loved ones
the ultimate gift that keeps on giving!*

*For Reservations: gleaningsfoundation@frontier.com
(828) 479-2233*

