



REAL FOOD

- *No Preservatives*
- *No Pesticides*
- *Regeneratively Farmed Products*

ALA CARTE MENU

Enjoy your Meal

APPETIZERS 30 Minutes & Under

EMF's30 minutes

- *(Let's take a look at Electro Magnet fields and Radiation in today's world - Cell Phones, Microwaves and Many more)*

Toxic Chemicals30 minutes

- *Pesticides, Glyphosate, household cleaners, baking soad, vinegar and other natural cleaners)*

Micro Greens..... 30 minutes

- *Tiny little immature plants. But boy can they pack a nutricional punch*

BREAKFAST 45 minutes and Under

Brain Health 45 minutes

- *How does Diet affect mental health. Whole foods-herbs-essentail oils-sleep-meditation and more.*

Exercise 45 minutes

- *Walk run or hit the gym. Let's explore how exercise benefits the body and not just the physical body (Weights or cardio)*

Physical health 45 minutes

- *How does Diet effect physical health. How does the food you eat, affect chronic diseases.*

LUNCH 1 hour or less

Statistics..... 1 hour

- *How are studies performed and evaluated? Meta analysis, recall. What is correlation vs causation.*

Health Markers1 hour

- *What are health markers and how are they determined. Are we all just an average. I got high blood pressure, I got high cholestoral, compared to who?*

Sleep..... 1 hour

- *A deeper dive into sleep and how to track it. New wearables and what they actually tell you.*

MAIN COURSE *1 hour plus*

Basis Biology..... 1. 25 hours

- *How does the body metabolis and use food. Why are some foods better for you than others. A calorie is NOT a calorie.*

Our Planet..... 1.25 hours

- *We hear a lot about global warming and that the planet is in trouble. So who are the real culprits in Global warming and what can we do?*

Nutrition..... 1. 50 hours

- *This is a weird word. What is nutrition and how does it work.*

Chronic Disease..... 45 minutes

- *What really makes you sick. Are you doomed by those genes you were born with or are there other controllable factors you can address. Can you pay for the sins of what your Grandmother ate?*

Immune System

- *The bodies natural defenses to desease. What helps and hurts your immune system.*

The Farm Bill

- *The nations intricate law that governs what we eat and who grows it.*

Let's Build a Bee House..... 45 minutes

- ***Build a habitat for Mason Bees***

Let's build a Bat House

- A bat house, learn about bat's. No they don't turn into vampires. But they do eat blood suckers by th millions - masquitoes
<https://youtu.be/V8CheVXf7YY>

The Farm Bill

- ***The nations intricate law that governs what we eat and who grows it. Part 2***

The Business side of the Operation 45 minutes

- ***Set- up a Company (LLC, Non-profit)***

Keeping Books and records

- Every Company big or small has to account for the buiness operations.
- Accounting records must be kept and tax returnrs filed at the end of the year

What is a Non-Profit Corporation

- Most Businesses are set up as LLC's or Sub cahpter S corporations. So what is a Non-Profit company