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Susie Beiler HOLISTIC NUTRITION WORKSHOP:

A 3 Part Series told by Joanna Chodorowska



Jami Appenzeller



Joanna Chodorowska



Lloyd Yancey

As a nutritionist, it is sometimes hard to critique someone else's work. I signed up for this challenge because I wanted to hear how another holistic practitioner would address healthy eating habits. Initially I was curious as to how a series, which was only three weeks, could put everything there is to know about healthy nutrition into such a small time frame (I teach an eight week course and think it is too short!). However, Susie did an excellent job of adding some new perspectives on foods that even I was not fully aware. For example, "Whole grains are like the seeds of potential and growth" - a point that was truly food for thought!



Susie Beiler

The Holistic Nutrition Workshop Series is for someone who is ready to get personal with their food and him or herself. The group learned about how the body is affected not only by the foods we choose, but also the manner in which we eat them. There was a big emphasis on the "body-mind connection" or that it is not just what you eat, but how you feel afterwards. The question, "Does the food really nourish you?" was also addressed. One of the core concepts of the

workshop is the idea that everyone is totally different or a "bio-individual", so you have to listen to what your body has to say to you and really listen to how you feel to know what your needs are.

Although many people want a simple formula to figure out what to eat, Susie provides a guideline using the Quality Spectrum™. The Quality Spectrum™ is an educational guideline showing the worst and the best food choices, as well as what lies in between. Ultimately, however, Susie states that listening to your gut will provide the individualized information about what to eat.

Another benefit of this class was the realization that good nutrition is not just food in and food out. It is a balance between the mental, physical, and spiritual otherwise known as the Primary Foods. Food is a source of nourishment, but you also need to pay attention to your relationships with other people, your physical activities, career, and connection to spirituality. All these help to make you more complete as an individual and help you connect on a deeper level with yourself and the world around you. The Secondary Foods relate to what you eat. Primary food is also about how you eat, rather than what you eat. For example, if you really enjoy eating that donut and savor each morsel, then that may actually be more nourishing than rushing through a bowl of broccoli. Relaxing and actually tasting your food is almost more important than simply the choices you make.

Jami said she would not have signed up to attend without Susie's personal offer to take the Holistic Nutrition Workshop Challenge. "I went into it with a great attitude. I love Susie and after having met her a few times at our BASH events found her to be a real gem of a person. However, I didn't know if I related to her ideas and was curious. After the first session, I found myself eager to learn more. I understood "her language." At first, it can be intimidating as she is a 200% role model for the person who eats perfectly all the time. But she is so genuine; she quickly reeled me in and left me excited for workshop #2. I actually, for the first time in my 'fitness life', understand the difference and powers of proteins, carbs and fats! I enjoyed her so much, that I have invited her to be a special guest host at the PhillyFIT Winter Retreat coming up in January!"

Lloyd found the information presented interesting as well. He felt that learning the importance and difference in consuming natural, non-pesticide laden foods to gain our overall health was invaluable. "The workshop really makes you aware of the foods we are putting in our bodies - both good and bad. Hopefully you make the better choices once you complete the workshop." Lloyd added, "At least I know I made a few positive changes! Susie put us on the spot each week, asking us to be more reflective about the choices we made. Sometimes that was a bit intimidating as well to go ahead and tell others what you did change from the last session, or admit that you had trouble applying the new information. If I would add anything to the workshop, it would be Susie finding a way to be more interactive with the foods, maybe teaching us how to apply all we have learned to an actual cooking lesson. (You know us guys, we need a visual)."

Susie provided recipes for some of the new grains and carbohydrates, proteins and fats in each session. While some suggestions were a little exotic and going with all organic foods can be cost prohibitive, the Quality Spectrum™ really put it into perspective

how to look at foods to determine which would be better than others: processed, less processed, refined, raw, organic, etc. Susie discussed which changes make the biggest impact and concluded that switching from regular to organic fats, or from regular meat to organic is most beneficial. She explained why it was imperative to change to organic meat and provided plenty of options, which included a way of introducing new foods - one at a time - so it would be less overwhelming.

I was a little disappointed that the workshop series was not longer as I had so many questions as to how to really put this healthy information into practice. However, Susie reminded us that this is a lifelong process. It has taken a lifetime of learning and practice to to maintain dynamic health. So while it is hard sometimes to bridge that gap between where one is now and to where one wants to get, the workshops are a starting point to begin that journey. Those who choose to continue the journey and desire additional guidance and support have the option of becoming a private client.

The Holistic Nutrition Workshops were definitely informative and I learned some great information! I think you will as well! So whether you are already on your way to being a health nut, or need a way to get started, try the Holistic Nutrition Workshops with Susie Beiler. You will be one step closer to a healthier you.

Susie leads the nutrition series and other workshops in the Philadelphia area. The next Holistic Nutrition Series is scheduled for 2/12, 2/26, 3/12 in Horsham. Details for all her workshops are posted on her website. As Spectrum Health Consulting expands, Susie will be taking these and other workshops and seminars into corporations. Susie asserts, "Healthy employees are the foundation of a viable, sustainable company."

Susie Beiler is a Certified Holistic Health Counselor, specializing in empowering her clients to lead healthier, happier lives. Using deep listening and gentle coaching, Susie collaborates with her clients and class participants to incorporate manageable lifestyle and food changes one step at a time to reach self-determined goals. Her services include private lifestyle and food counseling sessions, workshops, group programs, speaking engagements, and corporate wellness programs. 267.307.4224 susie@spectrumhealthconsulting.com www.spectrumhealthconsulting.com

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