

# Foodie and Friends

## Cooking Classes

### Congregation Proposal

The members of your congregation, who adopt the techniques taught in our Cooking Classes, will become healthier and happier. At work, they will suffer less absenteeism, less presenteeism, and be more productive. Their health care costs will dramatically decline.

### Why?

[Chronic Diseases and Obesity in The US with Hans Diehl](#)

[Healthy, \(Nutrient\) Wealthy and Wise: Diet for Healthy Aging – Research on Aging](#)

[Dr. Dean Ornish demonstrated](#) that a low fat, Whole Foods Plant Based diet, along with simple lifestyle changes such as mild exercise, stress reduction, and social involvement can reverse heart disease and some forms of cancer. (see [Ornish.com](#).) His program is being used in hospitals, [where it is paid by Medicare and insurance companies because it works](#). It reduces healthcare costs for both the hospital and the patient..

[Whole Foods Markets spends millions of dollars each year](#) to send some of their sick employees to “immersion” programs offered by Dr. John McDougall and other physicians. Whole Foods Markets spends millions of dollars [because these programs save more millions of dollars](#) for Whole Foods Markets in reduced healthcare costs. And, they get healthier, happy, and more productive employees, with less absenteeism and less presenteeism.

When a person attends an [“immersion” program](#), they spend a week or 10 days secluded at a hotel. When they arrive, their biometrics are taken. During the week, they are fed a healthy low fat, Whole Food Plant Based diet. They do mild exercise, and are taught stress reduction techniques. Nutrition and medical experts present lectures on why this strategy works. They are also taught cooking classes. When they leave, their biometrics are taken again. They are impressed with the positive changes in their biometrics, and how good they feel. When they go home, they continue to adopt the healthy principles they learned. Their improved health and happiness encourages others to adopt these

healthy techniques. As a result, they regain their health, improve their happiness, and reduce their healthcare costs.

In these programs, a healthy diet is the major key to gaining health and reversing chronic diseases. When asked for advice by audience members on how to gain and keep good health, John Mackey, Co-CEO of Whole Foods Markets, encouraged them [to get control of their diet and to learn how to cook, or to marry someone who does know how to cook.](#) It's that important!.

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Our Cooking Classes will teach attendees how to cook recipes following this nutrition strategy which has been [clinically proven to reverse heart disease, some cancers, and many other chronic diseases.](#) This is the nutrition strategy taught in the Ornish Program, and "Immersion" programs like those offered by Dr John McDougall. This low fat, Whole Food Plant Based diet is also taught by many other nutrition and medical experts, such as [Dr. Caldwell Esselstyn](#), [Dr. Neal Barnard](#), and [others](#), who have also reported on dramatic health improvements resulting in major healthcare savings.

Our Cooking Classes will teach how to cook low fat, Whole Food Plant Based recipes printed in books, or on-line, published by nutrition and medical experts. Anybody can buy these books, or access them on-line. We will also demonstrate how favorite recipes, or those published by celebrity chefs can be modified to conform to a low fat, Whole Food Plant Based nutrition strategy.

Our Cooking Classes will be taught by ordinary people; not professional chefs. They will be taught by a regular person, and a chef student still in a culinary school. These ordinary people will show attendees that they too, as ordinary people, can learn how to cook these healthy recipes. Our classes can be configured to suit your congregation's needs. They can be adjusted for time, place, and amount of food provided to the attendees during the Cooking Class.

[\*\*To acquire these Cooking Classes for your congregation, please contact Gary Zin at FoodieandFriends@gmail.com.\*\*](#)

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There are links to more than 1,000 Lectures and Interviews by the leading Nutrition and Medical Experts in the world on [FoodieandFriends.com](#). You can access them by following the links on [The Experts Speak](#).