

Live Long and Prosper

Course Description

Lecture

Weekly Layout:

Healthy Eating Healthy World

Beginner's Guide to a Plant Based Diet

Protein

Dairy and Bones

Eat the Rainbow

The Pleasure Trap Fat,Salt and Sugar

Oil and Fats

The Brain, Gut and Alzheimer's

Label Reading

Food and the Environment

Air, Water and Sun

Sleep

A toxic Free Home