

Joan Borysenko - The Plant Plus Nutrition Program

What You'll Learn in These 10 Modules

In this 10-module mastery class, Harvard-trained cellular biologist and psychologist, Joan Borysenko, will help you end diet confusion and get on the right nutrition program for your body. She will lead you through her acclaimed personalized nutrition program so that you understand the whys and hows of creating a delicious and satisfying diet that suits your own personal metabolism. You'll get great information to make the New Year's healthy eating resolutions a lasting success!

Each contemplation and training session will build harmoniously upon the next, so that you'll develop a complete, holistic understanding of the practices, tools and principles you'll need to sustain your personalized diet for optimal health.

Module 1: Preparing to Take the PlantPlus Plunge

Research shows that discussing the material in a nutrition book as a series of classes – covering a portion of the book together each module – is one of the best ways to understand and integrate the material into your life.

In this first module, you'll learn why America is the second fattest nation on Earth, and why we are 51st in life expectancy compared to 191 other nations worldwide. You will learn which tests to ask your doctor for so that you can assess your progress, plus learn how you can track progress yourself at home.

In this session, you'll:

- Receive an opening meditation that sets you on the course to success
- Understand why the Standard American Diet (SAD) is creating an epidemic of chronic disease
- Learn how to assess your health and wellbeing before changing your diet
- Understand the best ways to track your progress
- Begin with instructions to quick-start your diet today, with PlantPlus Lite
- Enter into a small group discussion with your own learning pod
- Begin the journey of group coaching

Module 2: Your PlantPlus Reboot

In this session, Joan will cover the practical material needed to streamline your new PlantPlus kitchen and begin the Reboot – a 4-week jumpstart to better health. You will learn what to eliminate from your diet, what to add, and why.

In this session, you'll learn:

- How to prepare your kitchen for easy PlantPlus cooking
- What's on and off the 4-week Reboot menu
- Which foods to buy organic and which you can buy conventionally
- How to save money while eating well

Module 3: Psyching Out Cravings & Other Diet Busters

The research is clear. It's hard to change your diet – whether it's for general health or weight loss. Ninety-five percent of people who lose weight regain it within a year, often with rebound pounds, and 99% regain it within 5 years. So what's a body to do?

In this module, Joan puts on her health psychologist hat and explains how we can capitalize on the science of neuroplasticity to change our brain, outwit cravings and succeed in making healthful changes through mindfulness training and operant conditioning.

In this session, you'll learn:

- How to apply the science of neuroplasticity to your own diet habits
- The most effective ways to reduce cravings
- The foundations of an effective mindfulness practice and how important it can be to your health
- The keys to applying the power of mindfulness to your nutrition program

Module 4: Avoiding the 5 Pillars of Dietary Doom

Joan believes that if you have the right information – the real science behind diet – you will be empowered to make better choices. Why is it so important to eat a pound of vegetables (and some fruits) daily? Answer: to avert what Joan calls “the 5 pillars of dietary doom”. You will learn how the Standard American Diet creates these health-destroying conditions in your body. You'll also learn how the three macronutrients: fats, carbs and protein figure into health and weight loss.

In this session, you'll learn:

- To understand and apply the science behind oxidative stress, inflammation, glycation, micronutrient insufficiency and dysbiosis (problems with your community of gut microbes) to elevate your health
- How to avoid the above problems through a PlantPlus Diet
- Why protein is a skinny food and why fat won't make you fat
- About why it is vitally important to eat as organic as you can

Module 5: Fat: Friend or Foe?

For the past 60 years, we've been taught that fat is a mortal enemy. The result of that campaign has been obesity and chronic illness ranging from diabetes to cancer, from neurological problems to autoimmune disease. Why is that? And, which fats are good for

you and which fats are bad? We'll take a look inside the fat and cholesterol wars and bring lipid science into the 21st century.

In this session, you'll:

- Get the real “skinny” on fat and discover that it's not all bad
- Learn how to recognize and use mainly beneficial fats
- Understand what makes bad fats bad and how to avoid them
- Dispel myths around cholesterol and develop a healthy relationship with it

Module 6: Forget High-Carb & Low-Carb Diets:

Some people can hardly pass a bakery without gaining weight, while others can eat all the carbs in the world and stay slim and healthy. Determining your own carb-tolerance is the first step in customizing your diet for your unique metabolism. You'll learn how to do that, along with taking a look at gluten tolerance (and intolerance); insulin sensitivity and resistance; and how to deal with hunger if you're already overweight.

In this session you'll:

- Learn how to go beyond the extremes of limiting diets and eat a “carb-reasonable” diet tailored to your body
- Learn how to contrast the carbs in the Standard American Diet versus PlantPlus to create a balance that works for you
- Understand the relationship between leaky gut and gluten and how to maintain a diet that deters this symptom
- See how to prevent and treat metabolic syndrome, and learn what the repercussions are if you don't!

Module 7: How Scientific is Science?

Is eating an egg yolk really as bad as smoking a cigarette? Can meat or soy, dairy or grain kill you off? What we read in the media about diet is often hype. Most physicians can't make heads or tails of which studies to believe either. So in this module, we'll get smart and also learn about an important piece of research – The A to Z Study out of Stanford. It investigated diets differing in fat and carb content ranging from Atkins to Zone. And the biggest loser is....?

In this session you'll:

- Develop a deeper understanding of the many types of scientific studies and how to approach them to get the truth
- Receive key principles for how to vet a scientific study for what you need to know
- Learn how to find resources on the Internet to aid your understanding of nutrition and diet as they pertain to your unique needs
- Receive the highlights of the findings of the A-to-Z diet personalization study and follow-up and learn how to apply them to your life

Module 8: The 3 Genomes &

Diet Personalization

When the human genome was sequenced a decade ago, we didn't realize that there were two additional genomes. The first of these is the epigenome (*epi* means above), which accounts for how environmental factors can either silence or activate the genes you inherit from mom and dad. Those factors range from hormones released by emotions to pesticides to micronutrients in the food we eat. The second additional genome (a whopping 99% of our genetic material) belongs to our gut microbes, which outnumber mammalian cells in our body 10 to 1. Learning more about this revolutionary material will give you a whole new outlook on diet.

In this session you'll:

- Get deeper insight into your genetic code and how it clues you in to your best food choices
- Learn about whether genetic testing is necessary for diet personalization
- Better understand how to optimize your "epigenome" for a healthier, happier you
- Receive tips for feeding your gut microbes with what they need

Module 9: Choosing Ethical & Sustainable Foods

Food guru Michael Pollan reminds us that "we eat whatever what we eat eats." So, let's optimize the foods we choose – from vegetables to meat and eggs to fruits, because, our choices can actually affect the way that food is raised. Are you choosing foods that promote sustainability for the Earth, our kids and our kids' kids?

Another topic we'll cover is Dr. Joan's superfoods. Why are they good for you and how can you incorporate them into your easy-to-make PlantPlus meals?

In this session you'll:

- Gain wisdom on how your food choices not only affect you but also how they affect environment
- Learn the ins and outs of shopping for organic foods and what you can trust
- Understand the science behind GMOs, the many health risks they pose for us and generations to come, and how to shop non-GMO
- Learn how to cook with Joan's superfoods to create meals just right for your metabolism and body type

Module 10: PlantPlus Heaven

In this final module, we'll share our favorite PlantPlus recipes and what we've learned in our 10 modules together. We'll review tips for staying on track with our individualized diets, and celebrate our big experiment in eating a diet personalized for our own metabolism.

In this session you'll:

- Receive many of Joan's favorite recipes and share your experience and learnings with other participants

- Celebrate successes and address difficulties in making shifts in your diet and lifestyle
- Receive helpful tips for continuing support in keeping on track with your new personalized diet
- Create honorable closure and a game plan for moving forward and continuing to support yourself and your health with your new optimal diet

The “*PlantPlus*” Bonus Collection

In addition to Joan’s transformative 10-module virtual course, you’ll also receive these powerful training sessions with the world’s leading visionaries and teachers. These bonus sessions are being offered to further complement what you’ll learn in the course – and take your understanding and cultivation of a diet tailored just for you to an optimal level.

Flourish with *PlantPlus*

Audio Dialogue with Joan and Christiane

Northrup, M.D.

In this fast-paced, intimate, entertaining and informative conversation, these two colleagues and old friends – both pioneers in the field of women’s health – discuss nutrition, dieting, and the pleasures of eating right for your metabolism. This special broadcast, where Dr. Northrup interviews Dr. Joan, comes to you compliments of the Hay House Radio network.

Christiane Northrup, M.D., is a visionary pioneer and the world’s leading authority in the field of women’s health and wellness. Dr. Northrup is a leading proponent of medicine that acknowledges the unity of mind, body, emotions, and spirit. Internationally known for her empowering approach to women’s health and wellness, Dr. Northrup teaches women how to thrive at every stage of life. Following a career as a practicing physician in obstetrics and gynecology for over 25 years, Dr. Northrup has dedicated her life to inspiring women to flourish. She encourages women to create health on all levels by tuning into their inner wisdom. She is the author of many books including *Mother-Daughter Wisdom*, *The Wisdom of Menopause* and *Beautiful Girl*.

Nutrition and Inner Beauty

Audio Dialogue with Joan and Jennifer Walton

Some women shine from within, a beauty that’s more than skin deep. Yes, that has to do with confidence, self-love, and connection to a larger Source, but it also has to do with feeding the cells of your body what they need to thrive. In this delightful conversation between two great women, Dr. Joan and her co-host of the forthcoming Internet show *Woman to Woman*, you’ll learn about the relationship of nutrition to mood in a fascinating conversation that touches upon body, mind, and spirit.

Jennifer Walton’s work experience spans over thirty years in the five-star resort and integrative wellness industries as a director, program developer, conference producer, and

consultant. While a Director at Miraval Resort, she developed the “Balanced Living Program”, integrating wellness, mind/body modalities, and spa services along with highly personalized care. As Spa Director, Jennifer developed the spa, wellness/fitness expansion and programs at the Omni Interlocken Resort in Colorado. She was also Director of the Cal-A-Vie Health Resort in California.

As a producer, creative director, Jennifer’s international symposiums, “Dreaming The New Dream: Choices For a Positive Global Future”, on personal and global health, were live tele-transmitted to Russia and utilized by CNN as models for its positive news programs, Earth Beat and Future Focus.

Jennifer maintains a private practice in Boulder, Colorado and holds a Master’s Degree in Psychology, a Bachelor of Science in Nutrition, and specialized certifications in Biofeedback, Yoga and Voice Dialogue Communication Skills.

Sustainable Weight Loss: Guilt Free,

Shame Free

Audio Dialogue with Joan and Josh Sessions

Ninety-five percent of people who lose weight gain it all back within a year, often rebound pounds. What’s the secret to keeping the new you svelte? Find out in this informative conversation between Dr. Joan and holistic nutritionist Josh Sessions, who lost 80 pounds by personalizing his diet and has kept it off. Forget about dieting and learn to love your new lifestyle.

Josh Sessions’ interest in holistic health and preventative medicine began in 1997 at the age of 19, while working for M-Power New Mexico, the second longest running empowerment and HIV/AIDS prevention program in the US. It was there Josh saw firsthand the importance of education and lifestyle counseling on the prevention of disease and the cultivation of wellness. Josh has studied over 100 dietary theories, practical lifestyle management techniques, and innovative coaching methods with some of the world’s top health and wellness experts including: Dr. Andrew Weil, Director of the Arizona Center for Integrative Medicine; Dr. Deepak Chopra, leader in the field of mind-body medicine; Dr. David Katz, Director of Yale University’s Prevention Research Center; Dr. Walter Willett, Chair of Nutrition at Harvard University; Geneen Roth, bestselling author and expert on emotional eating; and many others.