

Eat to Thrive
Week Four Agenda
Fasting and Internal Awareness
Thursday, June 23, 2022
6:30 – 8:30 pm EST

Zoom Link

<https://us02web.zoom.us/j/86828301519?pwd=a1ZMOENrNy9oRIMwbWFHUGZEYjhDdz09>

Meeting ID: 868 2830 1519

Passcode: 950124

**Call me if you have any trouble registering for
Or getting into the class**

On June 23rd you can also text or call Olivia Gregory, TA, for help 508-681-9362

6:30 - 6:32 pm: Meditation led by Valerica Stanca

6:32 – 7:00 pm: Olivia Gregory Recipe Presentation

- Breakfast - Strawberry Spinach Smoothie
- Lunch - Kale Avocado Salad
- Supper - Cream of Zucchini Soup

7:00 – 7:10 Assignment for Week 5

- **Read** Chapter 5
- Watch videos
 - Detox (very important)
 - <https://www.youtube.com/playlist?list=PL5GTwJOV9Tw1zME9IwhlZ0z3V7O3nXC0r>
 - Making a Killing (optional)
 - <https://www.youtube.com/playlist?list=PL5GTwJOV9Tw39GC1MDFtUxn2F3SCjyOr5>
- Call your buddy to share your successes and challenges
- Journal, eat well, exercise, stress less, meditate and love more.

7:10 8:30 Joe Lucier: Internal Awareness, Water, Fasting & Cleansing

- Founder and Director – Anusara Path to Wellness International Wellness Center and Education Institute – Holistic Medicine, Herbs, Plant-based advocate, Education and Lifestyle Medicine
- Workshops, Courses and Cleanse Programs
 - Cleansing Program Part 1 – Oxygen-flooding, immune-boosting colon cleanse 7 Days
 - Cleanse Program Part 2 – Detoxing with Clay and herbs 14 Days
 - Understanding Cancer Online Course – Understand Cancer, Don't Fear It
 - Be Your Own Healer Workshop – Learn Tong Ren Distance Healing
- Joseph Lucier is an 8-time author including
 - *The Dairy Contrarian, Disease Prevention*
 - *Tam Healing Anatomy and Point Location*
 - *Avocado Joy Recipe and History Book*
 - *Bioelectricity - The New Paradigm*
 - *The Nature of Cancer - Don't Fear Cancer, Understand it*
 - NEW: Anusara Path to Wellness – Whole Food Whole Life Nutrition and Programs
 - <https://anusarawellness.com/product-category/joe-lucier-lmt-books/> There is a special sale on *Avocado Joy*, with \$5 off this month!

Contact Info: joe@anusarawellness.com or phone 6172765603, or book a free 15 minute consult - <https://calendly.com/anusarawellness/15min?month=2021-03>