

# Digestive Awareness

*...and what's good for you*

**A**n appreciation of your digestive nature is key to living longer, having more fun, and feeling good while you're doing it! It's time to get to know your stomach as if it were your best friend. Listen to it, understand it, take care of it, invest in it and respect how it contributes to your health and well-being, like a friend does. In short, trust it to be there forever because it makes you feel good! Hello, stomach.

Mother Nature has been serving her nutritious food since the beginning of time. Honoring her intent to keep us healthy would mean giving the relationship between yourself and stomach the same courtesy you'd give to the relationship with your best friend. You will learn how to see food from another point of view, one that is fun and brings about change in a subtle way—effortlessly. By simply reading or by just attending a Cooking as Medicine Workshop, healthful changes happen inside of you. Suddenly, you'll ask questions of yourself and surprisingly the answers will bring energizing results that will keep you cruising down life's highway—hip, happy, and healthy.

Cooking as Medicine is dedicated to help you learn who you are on the inside, and then, find the best ways to support your health, and fit it to your lifestyle. This will help you determine your unique digestive nature so your inner guidance customizes your food choices for you increasing your energy, helping you to look and feel better, and building a sharper more intuitive mind.

All drugs, herbs, or supplements have their place in healing, but without all of those, you can greatly increase your health by observing the effects of your diet and lifestyle choices, reading and listening with an open-mind, deciding what's right for you, and then connecting to your own inner intelligence. Be daring. Try our health activities. Be experimental. Tease your cooking palate with recipe experiments or do nothing but read—health changes happen. Indulge your senses and unlock healthful secrets to individualize your own way of healing.

***Remember:*** *This is your experience to learning your digestive nature which creates an overall happier you!*

# Meet Claire Ayriana

## *The Medicinal Chef*



*Claire Ayriana, the Medicinal Chef, is a creator and entrepreneur with a strong business and foodservice background. She earned a college degree in psychology, studied the ancient Science of Ayurveda in India and the United States, and received her credentials as an Ayurveda Health and Nutritional Specialist. After struggling with stomach issues for more than a decade, and then after learning more about her stomach's personality, she was able to find a cure to her nagging problem. Now, Claire continues to enjoy vibrant health and an intuitive nature. Her unique workshops are said to inspire inner awareness in others in subtle ways.*

As a member, you will receive opportunities to have your questions answered by The Medicinal Chef. You'll also receive our quarterly Cooking As Medicine Magazine designed for cooks and non-cooks alike. It features experimental recipes that are fun to try with family and friends, and to help you determine your unique digestive type. You can do absolutely nothing but read and have fun, yet still, with an increased awareness and a new way of seeing food, healthy changes happen inside of you. Food for the body and words for the mind, both digest to create your healthfulness. Let your health changes be a surprise and suddenly you'll know what's right for you and only you—not the population at large.

***Watch for Claire Ayriana's new book:***  
***"Cooking as Medicine™"***

*(psychology, cooking, and healing)*

Our Cooking As Medicine website, **cookingasmedicine.com** is also a place to email your questions and share stories and healthy ideas. Everyone benefits!

***Your Health—Your Way***  
**5541-324-2535**