

# Pachavega's Healing Whole Foods Preparation Certificate and Raw Food Chef Certificate Courses



will prepare you to become more than just a raw food expert, you will learn to heal yourself and those you love with real food!

## You'll discover

Raw and whole food preparation techniques  
Taste balancing  
Knife skills  
Dehydrated foods  
Delicious desserts  
The Doctrine of Signatures  
Healthy digestion  
Recipe writing  
Food combining  
Sprouting and soaking techniques  
Cultured and fermented foods  
Healing herbs and spices from around the world  
Sustainability and food choices  
Whole foods for athletes  
Plating presentation

*and more...*

All Pachavega courses are comprehensive, intimate and interactive with only 8-10 participants per course. With over 16 modules of hands-on learning and a lot of taste testing, learn to heal the body with delicious organic whole foods!



## Successful Graduates

will have the opportunity to:

Cater small events such as weddings, retirement parties, birthdays, anniversaries and corporate meetings  
Offer Private Chef Services  
Make and sell homemade goods at Farmers Markets  
Create a food product to enter the local, national or global marketplace  
Become a Health and Lifestyle Wellness Coach  
Assist with Naturopaths and develop Healing Menus

### 45 Hour Healing Whole Foods Preparation Certificate 2017 Immersion Course

- June 2nd - 7th in Canmore, AB
- October 13th - 18th in Canmore, AB

Check out Nutrition Night School in Seattle next summer.

Classes run from 6:00PM - 10:00PM  
Tuesday and Thursday nights from  
May 2nd - July 28th

### 70 hour HEAL and IGNITE Raw Food Chef Certification 2017 Immersion Course

- June 2nd - 11th in Canmore, AB (accommodation included)
- June 23rd - July 2nd in Canmore, AB (for locals, no accommodation included)
- October 13th - 22nd in Canmore, AB (accommodation included)

Register online at  
[www.pachavega.com](http://www.pachavega.com)  
or email

[danielle@pachavega.com](mailto:danielle@pachavega.com)

# Pachavega's 45-hour Healing Whole Foods Preparation Certificate

~ 5 days, 10 Modules

## Module 1

The first course module will give an introduction to whole foods, the human diet, and the basics of recipes and tastes. Detailed information on these topics will be reviewed including:

- The characteristics of whole foods, its health benefits, and how to prepare these.
- The ideal human diet, a discussion of the various nutrients our bodies need, which food to source these from and what comprises a nutritious diet.
- The different tastes, writing recipes, how to meld tastes into recipes, and how to fix a recipe if a specific taste is too overpowering.
- The different colors of the food we eat, what the benefits and good sources for each color.
- The math and art involved in plating.

LAB: Flavor Balancing with Grawnola and Nut Mylk

## Module 2

An introduction to the organic lifestyle, kitchen skills, and detecting when a food is approaching rancidity will be tackled in the second module. Learn about:

- The clean fifteen and dirty dozen – lists to serve as our guide when choosing our produce.
- The importance of choosing organic and how it benefits our bodies and the earth.
- GMOs, the top GMO foods, the harm that these causes, and the food additives to avoid.
- Choosing ripe produce and detecting rancidity in food.
- Knife skills, types of cuts, knife safety, food safety and setting up the kitchen/workplace.

LAB: Raw Pad Thai

## Module 3

Module three embarks on explaining sustainability, the process of soaking and sprouting, and an introduction to holistic health with Ann Wigmore and her fondness for wheatgrass. The module will help us understand:

- The concept of sustainability, how it impacts lives, the planet, its resources, and generations to come. You will also learn:
- The water requirements to produce the different types of food humans consume.
- The process of sprouting, a guide to sprouting various foodstuff, and how it intensifies the nutritious components in our food.
- The 'secret' to longer life, and reflections on eating, nutrition, health, and life, according to holistic

advocate Ann Wigmore.

LAB: Nut Mylk Red Beet Borscht with Sprouted Wild Rice and Lentils

## Module 4

Delving more into nutrition, this module will explain the chemical foundations of our food and how it is being used by the body. Here, we will have an in depth discussion on:

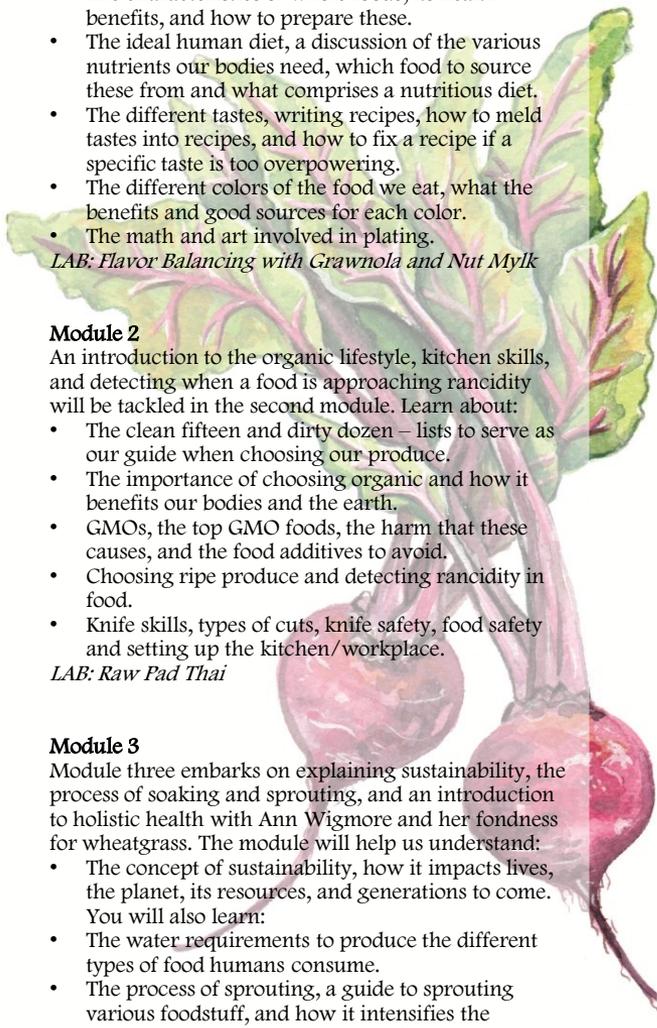
- Enzymes, what they are, the difference in enzymes between cooked and raw foods, and how to maximize these for our benefit.
- The science behind combining food, and how this affects our digestive system.
- The process of digesting, and the issues encountered by the Gastro Intestinal Tract.
- Tips and hacks we can all partake in to facilitate better digestion.

LAB: Energy Soup, Wheatgrass, Kale Caesar Salad

## Module 5

The fifth module expounds on the process of fermentation, its history, benefits, and a guide to fermentation and fermented food. Further details will be provided on:

- The different cultures all over the world that use fermentation as part of their tradition, medicine and cuisine.
- A guide to fermentation, and the difference between good and bad fermentation.
- The benefits of fermentation to our body – which includes detoxing and providing needed enzymes, good bacteria, and nutrients.
- Different fermented products enjoyed around the world, their health benefits, and how to make them.



*LAB: Sauerkraut, Kefir, Kombucha, Kaffir Lime Carrot Soup with Salt and Pepper Zucchini Chips Lentil Dippers with Curry Mango Mustard*

### Module 6

We go deeper into nutrition as the sixth module explains the pH scale and pH balance, eating by the season, the refreshing world of smoothies and juicing, and a gentle detoxification processes. Details will be discussed on these topics:

- The pH scale, the concept of acidity and alkalinity, pH balance and how understanding these can impact our health.
- The natural ways the human body does cleansing and detoxification, and how to supplement these through food and activities that assist detoxification.
- The truth about juice cleanses and detox diets, how to healthily begin a cleanse and/or detox our system, and making our own juices and smoothies.
- Colon hydrotherapy, dry brushing, infrared saunas and how these aid overall health.

*LAB: Juicing Feasting, Sushi Salad*

### Module 7

Module seven explores food allergies, food addictions, the obsession of the comfort food, grain and gluten. Learn more in this module about:

- Food allergies, how it affects the human body, top foods that cause allergic reactions, and how to rid our bodies of allergies.
- Vegan substitutes for nuts in case of tree nut allergies.
- Food addictions, how these develop, and how to intervene with these addictions.
- What's the common content of comfort foods, and how they send all those feel good, comforting signals to the brain?
- Grain and gluten, and how its consumption affects our bodies.
- Extreme foods and the Yin and Yang symptoms.

*LAB: Pear Lemongrass Salsa, Curried Goji Berry Relish, Kalamata Tapenade*

### Module 8

Focusing on marine sources of sustenance, this module concentrates on the oceans, its current condition, and the foodstuff the great deep blue provides. In this

portion, we'll learn about:

- The foodstuff that the world's oceans supplies for humans.
- Seaweeds and algae, their super health benefits, and other interesting bits of information on seaweeds and algae.
- Digestive and metabolic enzymes and how these work towards making our body absorb more nutrients.

*LAB: Rawkin Rollies with Nut and Seed Pates*

*FILM: Watch the film "Food Matters"*

### Module 9

The ninth module introduces us to Ayurvedic Medicine, how it influences our lives and how to choose the food we consume based on the Ayurvedic concept of our individual Doshas. By the end of this module, we will have an understanding of:

- The history and concept of Ayurveda and Ayurvedic Medicine.
- What is Doshas, and what are the three types of Doshas.
- What is your Doshas, the balance between the three, how these influence our well-being, and how they correlate with different tastes.
- The list of food that would be compatible to us based on our Doshas type.

*LAB: Love your Liver Salad and Doshas Spice Mix*

### Module 10

We discuss dairy and eggs for module ten. Here, we review how we grew up consuming eggs and dairy, what we were programmed to believe as its benefits, and what is the real deal about these products. We are expected to comprehend after this portion the following concepts:

- The truth about what is in our carton of milk and the dairy industry.
- Our body's calcium needs, what are better sources of calcium, and the many delicious non-dairy milk substitutes.
- The negative effects on our bodies when we consume dairy, and how to isolate if it is dairy that causes or aggravates our health problems.
- How consuming eggs negatively impact our health, and what to use as culinary alternatives for eggs.

*LAB: Cashew Cheese and Vanilla Cashew Dream Cream*



### Module 11

Module eleven introduces us to Superfoods and gives us a detailed discussion on how to integrate these truly super ingredients into our diet and cuisine. Get immersed in all the superfood goodness and learn:

- What are Superfoods and what can they do to benefit our health?
- The top Superfoods and tonic herbs, their history and healing properties, and some interesting trivia about each superfood.

*LAB: Maca Carrot Cake w/ Lemony Frosting, Chocolate Cardamom Cake, Chai Pumpkin Mousse Raw Chocolate*

### Module 12

Comparing dehydration to other food preserving methods, this module illustrates the process of dehydrating, and its advantages based on nutritional value as well as the taste aspect versus other food preservation techniques like baking, canning, and freezing.

*LAB: Sweet & Sour Jerky and Fruit Roll-ups, Cinnamon Apricot Bread, Curry Crackers, Raw Pizza Crust*

### Module 13

The thirteenth module immerses us in the nutritional value, health benefits, and how certain ingredients in our food can alleviate other specific health conditions. This part of the course seeks for us to have an understanding of:

- The Doctrine of Signatures and how this centuries-old concept was confirmed by modern sciences.
- The specific fruits, vegetables and herbs which were found to have been beneficial to the specific body organs that they are reminiscent of.
- Medicinal mushrooms, their nutritional components, and health benefits.
- The many types of herbs and spices, how these relieve the body of ailments and pains, and how to include these into our daily meals.

*LAB: Marinated Moroccan Mushrooms, Raw Pizza*

### Module 14

We learn about essential oils and its uses, as well as a shopping list hack on this module. We will study and learn about:

- What are essential oils, their characteristics, and their benefits.
- The different uses of essential oils, the various health conditions that can be alleviated by essential oils, and reminders to use them with proper caution.
- The history of the 'thieves oil' and a recipe for an all-natural bug spray.
- A comprehensive shopping list guide to stocking our pantry.

*A Taste of Italy: Demo Preparation Pesto-stuffed Portobello Mushrooms*

### Module 15

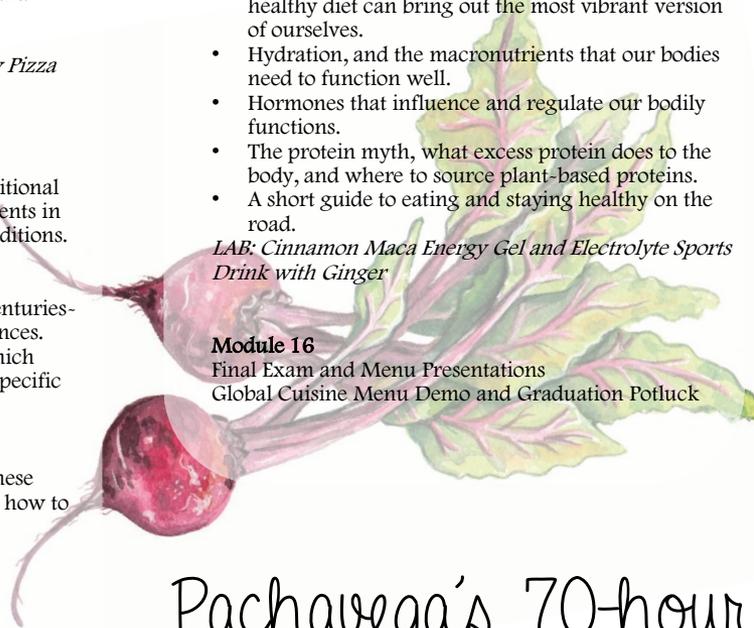
The last module guides us through transitioning towards a plant-based, raw food diet, staying active, and how to source the macronutrients in a plant based diet. We are expected to understand:

- Exercise and vitality, and how these coupled with a healthy diet can bring out the most vibrant version of ourselves.
- Hydration, and the macronutrients that our bodies need to function well.
- Hormones that influence and regulate our bodily functions.
- The protein myth, what excess protein does to the body, and where to source plant-based proteins.
- A short guide to eating and staying healthy on the road.

*LAB: Cinnamon Maca Energy Gel and Electrolyte Sports Drink with Ginger*

### Module 16

Final Exam and Menu Presentations  
Global Cuisine Menu Demo and Graduation Potluck



Pachavega's 70-hour **Heal and Ignite**  
Raw Food Chef Certification ~ 8 days, 16 Modules

# Pachavega's Healing Whole Foods Preparation Certificate and Raw Food Chef Certificate Courses



**Assignment # 1.** A 5 day healing menu - using a variety of healing herbs and spices along with superfoods. Learn to alleviate symptoms of discomfort by focusing in depth on a particular health ailment and create a whole week of healing recipes. Discover a variety of foods compatible with this certain ailment while being aware of contra-indications. This assignment is expected to be worked on after class, although you will have some time in class to do research.

**Assignment # 2.** Global Cuisine Presentation - create a drink, appetizer, main and dessert based on a certain international cuisine. Present a raw food demonstration in a formal Final Project Presentation. You will demo the creation of these dishes, plate and serve to other students. Each student may also include a short PowerPoint Presentation on the health benefits for such a menu. This is an in-home assignment.

**Film.** You must watch the film "Food Matters" in your own time and fill out a worksheet upon completion. This is an in-home assignment.

**Final Exam.** This take-home exam will test the culmination of your knowledge on Raw Foods and their many benefits and healing properties. While enrolled, you are encouraged to research and delve into the books on the suggested reading list in order to supplement and enhance your experience. \*\* Considered effort in the assignments and participation in class will allow you to get the most out of this certification. During the Final Project Presentation you will have the chance to really shine and share all you've learned within this comprehensive, thought provoking program.\*\*

**About the Accommodation.** The immersion course (June 2<sup>nd</sup> and Oct. 13<sup>th</sup> courses only) is held at The Bell Cabin at the Canmore Alpine Club of Canada. Accommodation is bunk-style, with 6 bunks per room. There are 2 rooms available and students will be spread out between them. If private accommodation is required or requested, there may be a slight increase in price, but Pachavega will work to accommodate these requests.



## Suggested Reading List (provided in-house)

- Rainbow Green Live Food Cuisine by Gabriel Cousins, MD
- The New Whole Foods Encyclopedia by Rebecca Wood
- The Thrive Diet by Brendan Brazier
- Superfoods by David Wolfe
- The Beauty Detox Diet by Kimberly Snyder
- Body Ecology Diet by Donna Gates
- The Self-Healing Cookbook by Kristina Turner
- Whole: Re-thinking the Science Behind Nutrition by T. Colin Campbell



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## About Danielle Arsenault

Danielle Arsenault, founder of Pachavega Living Foods Education digs in her toolbox of skills and passions, to hone in on fresh, gourmet, raw foods as a way to entertain, educate and inspire. Boasting a collection of mouth watering recipes, she has also coauthored 4 vegan, gluten-free and seasonal cookbooks released



with Jessica Perlaza as the kitchens of pinch and dash and has just completed her very own - Heal and Ignite; 55 whole food, plant-based recipes to heal your body and ignite your spirit. With a bachelor's degree in Theatre and an Education degree in the Master's of Teaching Program from the University of Calgary, she is a passionate Holistic Educator and wears many hats. Keeping busy as an avid rock climber, cave guide, Spanish speaker and adventure seeker, she has also traveled the world moonlighting as an English teacher. Danielle has also been a singer/songwriter in a previous life and under her musical pseudonym, Mustache Fable, she released her debut ukulele-infused album in 2012. As a professor at Pacific Rim College in Victoria, BC in 2014, she taught Holistic Nutrition Cooking, Superfoods and Whole Foods Preparation. Everyday, she continues to further her study in the science behind nutrition and in the fall of 2015 became a Certified Colon Hydrotherapist. She offers Nutrition and Lifestyle Coaching, Plant-based, Whole Food Catering and teaches Raw Food Chef and Whole Foods Preparation Certification Courses.

## 2017 SCHEDULE AND TUITION FEES:

Includes ALL meals during the course

### 45 hour Healing Whole Foods Preparation Certificate

2017 Immersion Courses:

June 2nd – June 7th in Canmore , AB

June 23rd - June 28th, 2017 in Canmore, AB

October 13th - October 18th, 2017 in Canmore, AB

#### Complete Program: \$1995 + tax

– with 6 nights accommodation: \$2705+ tax (accommodation only available June 2nd and Oct.13<sup>th</sup> course)

- 10 modules fully loaded with information and labs galore
- Create, Develop and Prepare food in each and every module
- 40 hours in class

### 70 hour \*Heal and Ignite\* Raw Food Chef Certificate

2017 Immersion Courses:

June 2nd – June 11th, 2017 in Canmore, AB

June 23rd - July 2nd, 2017 in Canmore, AB

October 13th - October 22<sup>nd</sup>, 2017 in Canmore, AB

#### Complete program: \$3192 + tax

with 10 nights accommodation \$3742+ tax (accommodation only available June 2nd and Oct.13<sup>th</sup> course)

- 16 modules fully loaded with information and labs galore
- Create, Develop and Prepare food in each and every module
- Graduation Global Cuisine Potluck
- 64 hours in class and an additional 6 hours of in-home studying and assignment completion

## Nutrition Night School 2017

Tuesday/Thursday weekday dates in North Tacoma:

May 2nd, 4th, 9th, 10th, June 13th, 15th, 20th, 22nd, July 6th, 11th, 13th, 18th, 20th, 25th, 27th, 28th

#### Each Individual Module \$199 plus tax

#### All 14 Modules (plus graduation potluck) \$2985 plus tax

*EARLY BIRD PRICES AVAILABLE at a 10% discount - EMAIL FOR a TUITION QUOTE!*

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Created, developed, collected and taught by Danielle Arsenault

contact: danielle@pachavega.com

www.pachavega.com

