

## Tuesday Topic Meetings

### Tuesday Topic Meeting for Facilitators in Training Second and Fourth Tuesdays at 6:00 p.m. Princeton Borough, Call for Details: 609 921 0441

This Suppers group is for people who want to dig deeper into the content, design and research base of the Suppers programs. It is ideal for people with an interest in a particular health challenge or anyone who is thinking of facilitating their own Suppers meetings. It is not a home group, so you can sign up just for the nights that interest you. Dinner will be made ahead for you; you simply reimburse us for groceries.

#### Progression of Topics 2009 - 2010

##### 1. Beginner Workshop

Experiential workshop with groceries that will help you determine the extent to which your relationship with specific foods and beverages is creating problems related to blood sugar and/or mood chemistry. This includes anxiety, depression, learning issues, obesity, diabetes, and/or problems with alcohol.

##### 2. How You Feel is *Data*

A consideration of blood sugar and mood chemistry. Learn how to read the signals your body is sending you about your blood sugar and mood chemistry. Learn how these subtle or strong feelings can influence your food choices in healthy or unhealthy ways.

##### 3. Suppers Concepts: Why these lifestyle changes require a program

Learn why the challenges we study in the first two workshops require a program. We will consider the research base of the Suppers program and the concepts we need to revisit frequently to correct behaviors and perceptions that are not serving us well.

##### 4. Nutritional Harm Reduction, manifesting change at home

With food, abstinence is not an option. Perfection is not our goal. Learn which changes *for you* must be absolute and which changes you can do a good enough job of by practicing harm reduction.

##### 5. Breakfast Challenge, a food experiment

Our bodies thrive on very different diets and Suppers does NOT tell you what to eat. Rather, we do experiments. Learn how different breakfasts set you up for the whole day, fostering blood sugar stability or instability, promoting satisfaction or uncontrolled eating, and supporting positive moods or triggering irritability, fatigue, and depression.

##### 6. Book Night: *The End of Overeating* by David Kessler

Learn how eating habits are formed, how the food industry cashes in on our metabolic vulnerability, and strategies for repairing our relationships with food.

##### 7. Nutrition to Reduce Risk of Relapse

What is it about Suppers food that makes sobriety easier? Learn how to become "Suppers Sober" by eating foods that are stabilizing *for you*. Please know that at Suppers we honor anonymity.

##### 8. Cooking Night: Foods that support sobriety.

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9. Book Night: *Seven Weeks to Sobriety* by Joan Mathews Larson  
Alcoholism is not just one disease. In Larson's approach, alcoholism is understood to be many diseases all with the shared issue of problem drinking and all with different approaches required to restore health and stability. Learn about the different types of vulnerability to drink and strategies for making sobriety more comfortable. Please know that at Suppers we honor anonymity.
10. Preparing for Change and Setting Good Goals  
This is a working night for people who want to make change. Learn how to choose goals that are achievable and stop sabotaging your own change process. How we follow up on this will be decided at the meeting.
11. Temple of the Soul (Meditations and Exercises)  
Learn brief meditation and breathing exercises to reduce stress and help you stay relaxed while alert.
12. Stress  
Facilitated discussion of the many forms of stress and strategies for reducing the load with a range of body, mind, and spirit solutions.
13. Cooking Night  
Winter Soups and Stews
14. Book Night: *The Ultra Mind Solution* by Mark Hyman.  
Learn how to support your brain so your mind works better. We'll consider food, nutrients and lifestyle strategies.
15. False Emotions. Book Night: *The Mood Cure* by Julia Ross  
Learn to distinguish between the moods and emotions that are "real" or based on your relationships and situations and those that are "false" or generated by poor diet and a nutrient-starved brain.
16. Emotions Based on Speculation  
Facilitated discussion of the powerful effect on our emotions of perceptions, thoughts, and beliefs.
17. Cooking Night: Satisfying one-pot meals (plus salad)
18. Story Night  
Suppers members will share their stories around the table. Facilitated discussion will focus on the healing power of putting words to your experience.
19. The Active Practice of Non-judgment  
If the Suppers experience so far has convinced you that healing best takes place in an environment where all are dedicated to the active practice of non-judgment, come learn how to do it. Develop your intention to not judge. Learn strategies to make it safe for others to speak.
20. Brain Nutrition for Children I. Book Night: *The Crazy Makers: How the Food Industry is Destroying our Brains and Harming Our Children.*

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21. Brain Nutrition for Children II. Book Night: *Healing the New Childhood Epidemics: Autism ADHD, Asthmas and Allergies*. Facilitated discussion with certified clinical nutritionist on how to turn this trend around.

22. Feeding and Eating: Adult and Children Roles  
Facilitated discussion of how to get your kids to eat real food. Parents who have succeeded at change in their households will lead the group.

23. PCOS  
Why are our young women developing polycystic ovaries? Learn what lifestyle has to do with it and how to use diet to improve the situation.

24. Living Suppers  
The evening meal will consist entirely of raw foods, smoothies, salads, and nut preparations. The discussion of the benefits of a raw food diet will be led by a Living Suppers facilitator.

25. Book Night. *The Blue Zones*  
What makes people in some parts of the world live 100 years or more and what can we learn from them for our own lives?

26. Children's Night  
Support your children's interest in eating real food. Bring them to participate in preparing dinner and observe what happens when they have control of the menu.

27. Tour of a Whole Food Store  
Meet at a whole food store for a one-hour tour that will teach you how to grocery shop for health. The focus will be determined by the interests of the group, perhaps including avoiding gluten, eating to support thyroid, stabilizing blood sugar, or transitioning from junk food without causing war with your children.

28. Ask the Nutritionist  
Bring your questions for a Q and A session with our guest nutritionist.