

Nutrition Class Descriptions

NUTRITION PHILOSOPHY

Learn the Cal-a-Vie philosophy behind optimizing your health! Leave with science-backed strategies that can be realistically incorporated into your day to day life after your return back home.

MATCHA AND CHOCOLATE

Matcha green tea and dark chocolate are known for their incredible health benefits, such as reducing the risk of cancer, improving energy, and even weight loss. But can you identify which ones live up to the claim? Come get the facts and taste test these delicious superfoods!

HEALTHY SNACKS/STRATEGIC SNACKING

Master how to build the perfect snack! In this class, you'll learn how to strategically incorporate snacks into your day to manage blood sugar and satisfy your appetite. In addition to discovering some new recipes for easy, wholesome, and delicious snacks.

DETOX WITH SMOOTHIES

If you are feeling like your body needs a spring cleaning, come learn how to detox properly with smoothies. There are many cleanses out there, but knowing the key ingredients to move toxins out of your body is essential for a successful detox. Come try some mouthwatering smoothies that will clear and restore your body.

SMOOTHIE BOWL CONTEST

If you have a competitive streak or just enjoy playing with your food, this class is for you. Come learn about the benefits of snacking and how to build the perfect smoothie bowl. We will give you the basics, and then it's up to you to create your masterpiece! A prize will be allotted to the individual who builds the "best" smoothie bowl (as judged by your peers).

METABOLISM AND YOUR MICROBIOME

Did you know that there are trillions of little "bugs" living in our bellies that provide us with immune, mood, and metabolism support? Learn the benefits of good bacteria, how we can get them into the diet, and why everyone is talking about them.

SUPPLEMENTS 101

Are you confused by the millions of different things you hear about supplements? Identify which supplements are best for YOU and how to select the most high-quality brand.



MASTERING MINDFULNESS

Uncover the truth about why we sabotage our own health goals and what you can do to breakthrough your toughest challenges for sticking to a healthy eating plan.

EASY MEALS: FALL FRITTATA

We will show you how simple a decadent frittata can be... all made in a single skillet! This is a delicious demo that you won't want to miss. Healthy has never been so easy.

IDENTIFYING AND ADDRESSING INFLAMMATION

Having issues with your digestion, skin, energy, or weight but don't know why? Learn the signs to uncovering inflammation and what you need to do about it.

SUPPORTING YOUR THYROID

The thyroid is considered the master regulator of many of the systems in our body, including our metabolism, digestion, and energy. Get the facts on which nutrients will support a healthy thyroid and which lab are almost never run but are a must to take charge of your thyroid health.

BLOOD SUGAR 101

Your blood sugar can be your best energizing friend or a nap-time enemy. Learn the strategies to balance your blood sugar for better weight control, energy, and brain function.

SCATTERED TO FOCUSED BRAIN TRAINING

With all of the distractions and to-dos in life, our brains become scattered! Come try our Muse - brain sensing technology – to train your brain to build focus and clarity in this interactive demo.

ANTI-AGING & BEAUTY

Let your beauty shine from the inside out! Learn the science-backed nutrition strategies from our registered dietitian to defy aging and build lustrous hair, strong nails, and glowing, supple skin.

CAL-A-VIE SERVICES TRADE POLICY

Any treatment within the basic spa package can be exchanged for any non-premium treatment of equal or lesser value. No credit or refunds will be given for services traded for a lesser value. Please speak with the guest service representative in the scheduling department for clarification of these specific treatments.

CAL-A-VIE SERVICES CANCELLATION POLICY

We are happy to enhance your spa package with our specialty services such as acupuncture, tennis, and evening massages. We require 24 hours' notice for cancellations. Any services cancelled with less than 24 hours' notice will be subject to a charge for the full rate.

Rates are subject to change.



Nutrition Services

***Individual Nutrition Consultation50 min. \$225**

Our Registered Dietitian will assess your current meal patterns and identify sources of inflammation, hormone balance, gut health, and potential medication-nutrient interactions. The tailored strategies to reach goals include specific diet and lifestyle recommendations; as well as supplement and nutritional testing recommendations, as needed.

***30 minute Nutrition Consultation \$125**

This session is perfect for reviewing supplements and testing options; as well as addressing a specific nutrition topic, or as a follow up to a prior consultation.

***Extended Nutrition Consultation Package\$300**

Extend your Cal-a-Vie Nutrition Consultation with continued care after you leave Cal-a-Vie. This package includes one 50 minute private consultation, and one 30 minute follow-up session to provide support for your transition at home.

***WellnessFx\$1575**

Maximize your health on a biochemical level with our executive lab panel which includes your cardiovascular, metabolic, hormonal, and nutritional markers.

***CYREX FOOD SENSITIVITY TESTING (BLOOD)**

Array 2: Leaky Gut\$550

Array 3: Gluten Sensitivity\$750

Array 4: Cross-Reactive Foods Sensitivities\$650

Array 10: 180 Raw and Cooked Foods\$1060

Combination of 2-4 Arrays \$1150-\$2500

All 4 Arrays.....\$2500

***GENOVA HORMONE & NUTRITIONAL TESTING**

Adrenal (Saliva)\$435

Thyroid (Blood)\$560

Complete Hormone Test (Urine)\$ 975

NutrEval (Blood & Urine)\$1475

GI Effects (Stool)\$1500

***Note: All tests include interpretation and a follow-up phone consultation with our Registered Dietitian*

(*Not available for trade or upgrade)

