



Transforming Your Health Fall Classes

Recently the Health Spotlight caught up with Kim Thompson of Healthy Transformations in New Hartford, NY to talk to her about the upcoming classes she will be offering at the Utica Public Library...

Hello Kim, could you please tell us about your upcoming "Transforming Your Health" Fall Classes?

Kim: I am very excited to be offering a series of classes this fall that spotlight many health topics including weight loss, GI health, detoxification, stress management, managing hormones, diabetes and more. The goal is to help people better understand a little bit about these topics and encourage them to learn more. It may also enlighten someone to take control of their own health through nutrition!

How did you choose the class topics?

Kim: I chose these topics based on what I see clients present with in my practice. However, I also picked the topics that create some confusion for people due to the massive amounts of misinformation about them. Also, as a Functional Medicine Practitioner, I made sure the classes were well-rounded to address the body as a whole.

What kind of interest have you seen in the Mohawk Valley for functional medicine?

Kim: Many people are searching for the information that Functional Medicine can provide. I have seen people travel out of our area in search of Functional Medicine Practitioners because they don't realize we are here in the Mohawk Valley! Anyone who is interested in what Dr. Oz is talking about is expressing interest in Functional Medicine (they might just not know it!).

What are the biggest sources of misinformation when it comes to healthy living?

Kim: The internet is filled with good and bad information, so people have to be aware of what they are reading and hearing. Any advertisement that has sayings like: "quick results", "no exercise needed", "don't change your diet" also means "Buyer Beware"! In addition if any information you read suggests severely cutting calories or worse, not eating real food, this is a clear sign of misinformation! I also believe that many people are "practicing" nutrition without having any real background in it which is further contributing to the confusion.

Thanks for talking to me and good luck with your classes!

(These classes are being held independently of the library. For more information visit Kim Thompson's website at www.healthytransformations.net.)



Sources:

Thompson, Kim (2011). Interview. Healthy Transformations. 3985 Oneida St. Suite 104 New Hartford, NY 13413. www.healthytransformations.net

Healthy Transformations

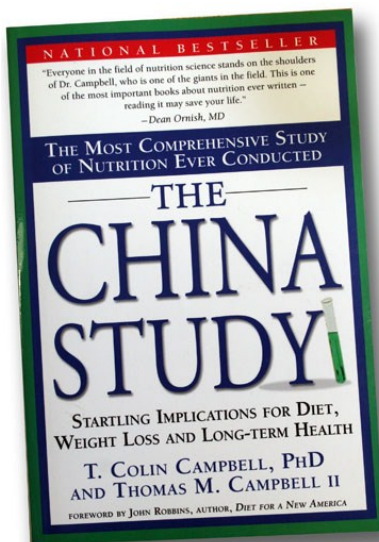
Book of the Month:

The China Study

By T. Colin Campbell

"[These] findings from the most comprehensive large study ever undertaken of the relationship between diet and the risk of developing disease are challenging much of American dietary dogma." —The New York Times

Thanks to Kim Thompson of Healthy Transformations



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