

Women's Health & Wellness Retreats

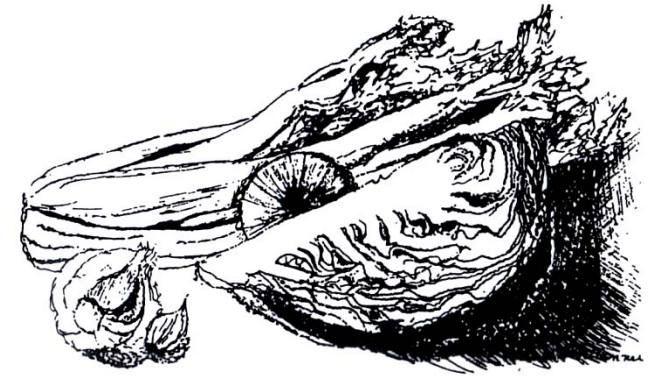
Creating spaces for you to focus on areas of body, mind and spirit, which nurture you. Designed to inspire and educate while providing rest and rejuvenation. Can include Yoga, herbal spa services, and massage, healthy cooking classes, and spiritual enrichment individual to each group event. Can be brought to your home or any of the wonderful resort facilities that we have locally.



In her 30 years as a mother, wife and gardener, Michele Tanner has enjoyed the beauty and bounty of the natural world and has incorporated it into her professional life as Culinary Artist and Chef. As Herbalist, she practices and teaches holistic daily living, with emphasis on the joy of achieving balance through proper food choices and the use of herbal allies to enhance the body's own healing power.

Michele has recently studied Fundamentals and Advanced Traditional Herbal Science, which included Anatomy and Physiology, Holistic Nutrition, Pathology and Protocols, Materia Medica, Phytochemistry with therapeutic application, Plant Botany, Herbal formulation, Apothecary skills, and has received Clinical Professional Herbalist certification from the Appalachia School of Holistic Herbalism and the North Carolina School of Natural Healing Mountain Spirit School of Herbalism, both in Asheville, NC.

She lives, loves and gardens in Rutherfordton, NC, practicing ancient herbal and culinary customs to bring about nourishment to her wide circle of family, friends and clients.



Michele's Garden

Translating Ancient Natural Health Traditions and Old World Culinary Customs to bring about Health and Balance

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HOLISTIC CHEF HERBALIST
INSTRUCTOR

*Herbal and
Nutritional Consulting*

Through personalized one-on-one sessions I will help you resolve health concerns specific to you and your individual needs and interests. My safe and nurturing approach provides you with tools for increasing long-term vitality and health.

My private consultations are thorough and enlightening. I am your personal advocate for living an energized, passionate life. I have a growing apothecary of fresh herbs and flowers for medicinal and culinary use. Many of these are grown locally and in my own garden; some are wild-crafted. I have a unique system of formulating personal and therapeutic herbal tea blends, herb and flower baths and other naturally created products to enhance the health of your body and soul.

Take one step forward toward discovering what nourishes you, what feeds you and what ultimately makes your life extraordinary.

Initial consult

1 hour with follow-up mini-session of 15-20 minutes: \$75.00
Includes subsequent research for your individual protocol, written health plan, recommendations and instructions, holistic refreshments, and relevant food and herbal product samples.

Phone consultations

30 minutes minimum: \$30.00
or \$1.00 per minute by appointment.

Whole Food Cooking Instruction or Kitchen

Prep for your personal meal plans
2 hour minimum: \$35.00 per hour

Work-Trade opportunities available.



Suggested Topics for Consults and Classes

- Introduction to Nutritional Cooking. Seasonal and specific to selected health conditions.
- Inflammation-Free eating
- Food as Medicine
- Your Holistic Kitchen Makeover
- Gluten-free Cooking
- The Food-Mood Connection
- Herbal and Nutritional support for Stress Management, Chronic Fatigue and Depression
- Natural First Aid: your Herbal Medicine Chest
- Herbal Tonic Teas and Adaptagens
- Herbal skin care
- Eco-friendly, Custom-Created Cleaning Products for your Home
- Weight Management through finding individually appropriate Eating Plans