

Sh'mirat Ha-guf: Jewish Pathways to Health, Longevity and Vitality

OUR MODERN SOCIETY has the highest rates of obesity and chronic diseases of any culture in the history of the world despite (or because of?) our advanced levels of medicine and technology. Many people are turning to ancestral approaches like Paleo and other whole foods lifestyles. Judaism, however, has its own ancestral paradigm for health and physical well being. The Torah instructs us to "Guard yourself and guard your soul very carefully" (Deuteronomy 4:9). In this class, we will survey 3,000 years of Biblical, Talmudic, Medieval and Modern Jewish expertise with a heavy dose of Maimonides.

COURSE DESCRIPTION: four **7:30 p.m.** evening sessions with an optional field trip. Jeff Sternfeld and others present and discuss the 4 pillars of a healthy Jewish lifestyle: Wine, Food, Hygiene and Massage, and Movement. There will be a lecture/discussion and workshop each week. Each session will be 60 to 90 minutes in length. **Classes are free to all. A one time \$10 "lab fee" is requested** to cover the weekly class beverages, foods, and materials.



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THE 4 STAGES OF JEWISH EXERCISE



December 5: Wine: Sanctification, Celebration, and Medicine for the Body and Soul

Workshop: A guided wine tasting

December 12: You Shall Eat and be Satisfied: Changing dietary patterns from Biblical Judea to the Diaspora

Workshop: Instruction and demonstrations in the preparation of fermented foods and beverages in the home: pickled vegetables, sauerkraut, Kambucha and Kefir.

December 19: A Shvitz and a Plaitza...what a Mechaye! A 3,000 year History of Jewish Communal Bathing and Massage

Workshop: See optional Field trip

January 3: Games, Sports and Exercise in the Torah and Talmud

Workshop: Dr. Rambam's Miraculous Morning Workout. Demonstrations of simple exercises, strength training, and stretching that can be performed at home.

TBA Optional Field Trip in January, 2017

Trip to to Dr. Wilkerson's Mud Baths in Calistoga with Lunch. Your choice of a Mud bath and/or Warm Mineral Water Bath and/or steam bath and/or massage. Discounted treatment packages available.