



PRESS RELEASE

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For Immediate Release:

Free Lecture on Gut Health and Nutrition with Monica Corrado

Asheville, NC. Organic Growers School is partnering with Harvest Conference Special Guest Speaker Monica Corrado to offer a free lecture entitled [Reclaim Nutrition to Reclaim Your Health](#). She will discuss the human microbiome, gut flora, soil flora, and the importance of these components in our overall health. The lecture will be held at Lenoir-Rhyne University, Center for Graduate Studies, at 36 Montford Avenue in Asheville on Thursday, Sept. 6, 2018 from 6:30 to 8:30PM.

Monica Corrado MA, CNC, CGP is a teaching chef, Certified Nutrition Consultant, and Certified GAPS® (Gut and Psychology Syndrome) Practitioner who is passionate about illuminating the connection between food and well-being. During the lecture she'll also explain optimal nourishment, why we are so depleted, how to incorporate food preparation in your life, and why it all matters. The lecture will provide context for Monica's 2-day workshop on gut health and cooking called [Tending Your Inner Garden: Tools for Cultivating a Healthy Gut](#), part of OGS' [5th Annual Harvest Conference](#), Sept. 7–8, 2018 at Warren Wilson College in Swannanoa, NC.

Lee Warren, Executive Director of Organic Growers School and co-coordinator of the Harvest Conference, says “We’re learning that the quantity and vitality of gut microbes is a major determiner in our overall level of health. Further, we’re discovering that the deterioration of the health in our guts mirror the destruction of microbes in our soil. In fact the soil is like the digestive system of the planet: its microbes process nutrients in order to produce plants. It’s time for us to both take care of our health by nourishing our gut microbes and also caring for the soil by supporting local organic farms with soil building practices.” Warren goes on to say that “in order to thrive both our bodies need food from thriving soils.”

Monica is a dynamic teacher, speaker, consultant, and author who lives to share the tools, knowledge, and inspiration to cook nourishing, traditional food. Monica has been teaching food as medicine

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throughout the United States for more than 12 years (after 18 years in sustainable food sourcing, preparation, menu design, and management). She started her own Cooking for Well-Being Teacher Training program in 2012 and has graduates all over the globe, including Mexico, Hong Kong, Canada, and the U.S.

Over the past 10 years, Monica's work has focused on the gut-brain connection, and she is considered an authority on cooking to heal a leaky gut via the GAPS (Gut and Psychology Syndrome™) nutritional protocol. She is writing a four-part series called *Cooking Techniques for the Gut and Psychology Syndrome™ Diet* published by Selene River Press. The four parts include meat stock and bone broth, culturing dairy, lacto-fermentation, and nuts and seeds. Monica has had tremendous results in her private practice with people living with autism spectrum disorder, ADHD, infertility, autoimmune disorders, and with people who are failing to thrive. Monica guides clients through the GAPS diet and helps them add nutrient-dense foods to their diet.

About Organic Growers School

The Harvest Conference is organized annually by Organic Growers School, a 501(c)3 non-profit. OGS is the premiere provider of practical and affordable organic education in the Southern Appalachians, building a vibrant food and farming community by boosting the success of organic home growers and farmers in the Western North Carolina (WNC) region. Since 1993, the OGS hands-on training, workshops, conferences, and partnerships inspire, educate, and support people to farm, garden, and live organically and have reinforced WNC's role as a regional leader in organic growing.

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