

Healthy Conversations

Got questions about your health? Gather your friends, family, co-workers, church group, exercise buddies, meet-up group... Schedule your personal workshop and the expert comes to you. In 2 hours, you'll get more questions professionally answered than spending hours hit-and-miss on Google, or buying an armful of books.

This is a 2-hour interactive visual presentation with Q&A and handouts.

What are you looking for?

8 Biggest Dietary Mistakes

Where we often go wrong with fats, sugar, carbs addictive foods, salt, counting calories, exercise, and supplements.

Weight Loss

If it were really as simple as eating less and exercising more, we would not have twin epidemics of obesity and diabetes. Let's get down to the truth of the matter and find out what works.



The Power of Food

There's genetics, and there's epigenetics. Each mouthful of food sends messages to our genes that can turn them on or off. What foods talk to our genes?

What's the Fuss About Gluten & GMOs?

Is gluten-free just a fad, or is there more to it? What do we know about genetically modified foods?

What is Meant By a Nutrient-dense Diet?

Why our ancestors ate "tip to tail," why Weston A. Price was called the "Charles Darwin of nutrition," what is the French paradox and the paleo diet, and could butter, eggs, and cholesterol actually be "rock stars" of nutrition?



What's for Dinner - I'm On a Budget!

Why do we pay less for food than any other country in the world, yet we have about the highest health care costs? What are we paying for? When is organic worth it? What are good/better/best options?

My Digestion (Burp)

Antacids or that purple pill your best friend? Bloating? Gas? Don't feel good when you eat? Diarrhea or constipation? Let's talk stomach acid, zinc, and other things that so often get out of whack these days.

Bones & Broth

Let's talk bones, osteoporosis, broken hips, cartilage, and joints. Find out why calcium supplements are NOT the answer to strong bones. Learn how to make old-fashioned, homemade bone broth – the anti-aging secret for good skin and bones.

Cancer / Heart Disease / Alzheimer's

So much conflicting info about these "Big 3." Research tells us these diseases are largely environmentally caused and thus preventable. Food plays a big role here. Find out what that is – and what all 3 have in common.



The Toxic Brew in Our Makeup, etc

You are cleaning up your diet, terrific! Now let's look at what's in the shampoo, toothpaste, shaving cream, makeup ... And what's under the kitchen sink and in the laundry room? Consumer beware: Carcinogens and obesogens abound.



Call 602-494-1999
to arrange the
place and time

If you didn't see the subject matter you are looking for, call and we'll customize it for you.

\$30/person
8 person minimum
for small groups



Mary's Apple
Nutrition Consulting

Mary Budinger, NTC is a holistic nutritional therapist certified by the Nutritional Therapy Association.

She also is an Emmy award-winning journalist who writes about integrative medicine & nutrition.

