



Tabletop TUTORS

'Nourish' Your Eco-Intelligence!™



TABLETOP TUTORSTM POSTER CATEGORIES

(Each category of posters features a variety of related topics)

18 Poster Categories Include:



1) Eco Intelligent Eating Model/ Farm To Table (Series)- In our modern dietary culture, standardized eating models such as the USDA Eating Model are used by schools and organizations to teach us about our requirements for good nutrition. But what if the kinds and the quantities of foods they advise us to eat are actually contributing to our ill health (and the planet's ill health) because of the toxic drugs, chemicals, hormones, and GE organisms that are used in their production? This poster series introduces you to the "Eco-Intelligent Eating Model"- a model that supports organic farming, eco-friendly cooking, seasonal eating, and recycling. You'll also examine what an "Eco-Negligent Farming/Eating Philosophy is, and how it differs from an "Eco-Intelligent Farming/Eating Philosophy." Do you eat to nourish the ecological well-being of your body and the Earth? Or, do you eat to starve it? The answer will be obvious to you, when you study the messages on these posters!



2) Eco-Farming Principles (Series) -Do you know what "organic" really means from a farming standpoint, or which farming practices are truly sustainable? Or maybe you've wondered what's at the root of

GMO's and seed diversity? Have you heard about the plight of the bumblebees and gone looking for things you can do to help? Ecologically-minded farming principles are at the heart of all these issues. The way our food is raised, from vegetables to honey, to everything else we eat has a huge role in the health and longevity of our environment, as well as ourselves! In this poster series, you'll learn the difference between conventionally grown crops and organic crops, including the dangers associated with genetically engineered/GMO crops and the sustainability and benefits of organic farming. You'll also discover permaculture, a truly big-picture approach to sustainable farming and living. You'll also find information on seed saving and the importance of biodiversity, as well as information on pollinators and their crucial role in our food system.



3) Where Does the Food You Eat Come

From? (Series) - Have you ever wondered where all the foods in your pantry and refrigerator come from? Have you ever thought about what a day in the life of a cow or a chicken looks like that produces the milk, butter, eggs, and meat you might consume? Have you ever thought about how tiny seeds turn into leafy green salad fixings or stir-fry materials, and how it all ends up ready for the taking at your local farmers market or grocery store? Are you aware of the difference between factory-farmed foods and organically raised foods? Have you heard the disturbing news about how industrially raised foods are polluting and depleting our planet's natural resources and even contributing to major environmental problems such as global warming? This poster series gives you insight into the difference between organic and industrially produced meats, dairy products, and fruits and vegetables, and will help you to be an informed consumer when you go grocery shopping!



4) Eco-Friendly Cookware & Cooking

Inspiration (Series) -Did you know that the cookware you use on a daily basis can actually affect your health as well as the health of animals and eco-systems? That's right! In fact, the tools that you use to prepare your everyday meals is most likely contributing to the size and scope of the ecological footprint that we're leaving on the earth today, when you consider the amount of energy that's used to produce industrially mined cookware substances. In this poster series, you'll learn about sustainable and biodegradable materials that are being used by many manufacturers today, to make healthy eco-friendly cookware. You'll also gain awareness about why you should not cook with (toxic) Teflon pans and why you should avoid microwave ovens, if you want to avoid damaging your health on a cellular level! Getting inspired to cook, you'll discover, is about making cooking 'an effort of the soul' versus 'a menial chore.' It's about eating viewing cooking utensils as "tools" of personal (and planetary) transformation, eating in harmony with the four seasons, harnessing the healing power of foods, and "eating the rainbow" to create therapeutic meals!



5) Custom Dietary Choices (Series)-

Are you curious about vegetarian eating, or about following the paleo diet? While those two ways of eating might seem like polar opposites, they actually have a lot in common, with a focus on high quality, organic, cruelty-free whole foods that are raised without harmful practices and substances. Both diets have a strong focus on *balancing* the food you eat to better meet your body's nutritional needs, and by virtue of the high-quality, whole, organic foods vegetarians and paleo folks eat, both naturally result in a more ethical, humane, ecologically friendly lifestyle. *Speaking of balance*, do you know the

difference between yin foods and yang foods, and how they affect your energy, mood, and health? Understanding yin foods (cooling) and yang foods (warming) can help your body maintain peak health by balancing energies. Conditions characterized by excess yin energy can be addressed by eating foods that fall into the yang side of the equation, and vice versa!



6) Essential Health Awareness

(Series) Do you want to take action to improve your health, but wonder where to even begin? Do you wonder if you're focused on the right things, or, if the things you're doing really make a difference? Or are you just looking for some solid information on specific ways you can improve your overall health? With so many things out there that can affect your health (for better or worse!), zeroing in on truly important factors can be difficult--especially when there's so much information (and disinformation) out there. This poster series addresses everything from drinking clean water (and avoiding water deficiencies), to eating the “right kind” of salt (and avoiding salt deficiencies), and cultivating "good" gut microflora, which helps to strengthen your immune system and balance your weight! You'll also get the scoop on why to avoid toxic food dyes and incorporate healthy, natural, un-dyed foods in your diet.



7) Sweeteners: Whole & Un-

Whole (Series) Have you ever noticed how many sweeteners are available to us these days? From honey and molasses, to palm sugar, stevia, good ol' granulated white sugar and high fructose corn syrup, the options are nearly endless! Not all

sweeteners are created equal, though! Do you know which sweeteners are safe, sustainable, and healthy, and which sweeteners damage your body, as well as the planet? Do you know that a diet high in processed sugar can cause health conditions like obesity and dementia? Are you aware that cheap sweeteners (such as high fructose corn syrup) contain genetically modified ingredients, introducing even more health risks to you and the environment?! Cut through the sweet deception of mass food producers who take advantage of cheap, unhealthy, and even artificial sweeteners at the expense of your family's health! Learn how to use a variety of delicious whole food sweeteners (derived from nature's trees, flowers, and grains) in your favorite recipes!



8) Fats: Healthy & Unhealthy- (Series) Fats have been vilified for many years, but modern research has shown that the right fats can be absolutely fantastic for your health. The trouble is, there's a lot of different information floating around on which fats are good and which are bad! Do you know that toxic compounds (like hexane) are used to extract some vegetable oils, and that most vegetable oils are extracted from genetically modified plants? Do you know which fats have been shown to aid vitamin absorption and benefit your gut flora and even your bones? Sure you've heard that grass fed butter is back, and coconut oil is the bees' knees, but do you know why?! And how to get those into your diet, pronto?! This poster series invites you to explore the many benefits of healthy fats, from prevention and treatment of brain disease (like Alzheimer's) to guarding against heart disease, obesity, and other ailments. You'll also get tips on how to find healthy fats at the grocery store and in the foods you eat, and learn why to avoid hydrogenated trans-fats like margarine.

9) Whole Foods Recipes (Series) – You've heard about whole foods, but maybe you wonder how anyone has time to cook them and give up the convenience of processed meals? The truth is, whole foods are easy to cook, delicious to eat, and there's an endless variety of options at your fingertips! On top of that, they're



stupendously healthy and can help you stave off disease. A diet of whole foods gives you complete control over what goes onto your family's plates, and that means you can cut out toxic additives, genetically modified ingredients, trans-fats, excess sugar, and unsustainable food production practices --all in one fell swoop. In this posters series, you'll find lots of easy, fun resources for upping your whole food game! Everything from gourmet nut milks, wheat free pizzas, and whole food supper ideas, to a variety of homemade veggie burgers, and even healthy snacks like popcorn and homemade sodas. You'll also learn about the medicinal benefits of herbs and spices, and discover how these whole foods stack up against their processed counterparts, and how investing a little extra effort in your home kitchen pays big dividends for your health and the health of the planet.



10) Special Dietary/Health Needs-

Did you know that certain health conditions respond to the foods you eat? We've all heard that eating well can improve your health, preventing things like heart disease, diabetes, and even Alzheimer's. But the way you eat can have a profound effect on modern day health conditions such as Autism, Candida Yeast Syndrome, and "Leaky Gut." There may not be as obvious a link as, say, sugar and diabetes, but the connections between various foods and health do exist! There are foods that can exacerbate the *unwanted symptoms* of conditions like Candida, and, of course, ways of eating that starve those conditions, too. In this poster series, you'll find lots of information on these connections. You'll also learn what gut permeability is, and get an idea of how inflammatory foods, stress, medications, environmental toxins and gut

flora worsen this condition. You hold the dietary key to keeping unwanted health conditions in check!



11) Wheat & Gluten-Free Eating & Recipes

(Series) - Maybe you've heard that wheat can wreak havoc in your digestive tract, or maybe you've felt just a little off (after eating gluten) and are ready to try a gluten-free diet to get back your old self? Many people suffer (needlessly) from gluten issues-- from mild sensitivity to full-blown intolerance and everything in between. Symptoms can include everything from brain fog to joint stiffness, to obesity, and many other problems. Avoiding gluten and wheat (the main source of gluten) may sound like a tall order, but there are many options for healthy, tasty, and easy gluten free meals and snacks. In this poster series, you'll find information to help you understand the signs and symptoms of gluten sensitivities, and identify the foods that might be causing your woe. You'll also find lots of creative recipes and meal ideas to help you figure out what to eat for breakfast, lunch, dinner, and snacks, on a wheat and gluten free diet, and avoid ingredients that trigger allergenic responses for your family.



12) Soy & Dairy Free Eating & Recipes (Series)

– Are you, or a loved one, lactose intolerant? Or, are you looking for healthy, humane alternatives to conventional dairy products? Maybe you've tried soy dairy replacements (or other soy products like tofu and TVP), but aren't sure about their safety and health values? Milk is nature's first food, but many people naturally lose the ability to digest milk as they grow older, leading to lactose sensitivity and intolerance. Others object to the deplorable factory farm conditions conventional dairy cows endure and refuse to buy conventional dairy products on those grounds. In addition, medical research has shown that factory farmed conventional dairy products are

linked to a host of health concerns, including everything from salmonella poisoning (due to contamination) to heart disease, obesity, diabetes, and more. In this poster series, you'll discover the wide world of dairy-free options available to you and your family. You'll find great information on why you should rethink soy products in your family's diet. You'll also explore the ins and outs of raw milk, as learn how to prepare non-dairy, non-soy recipes like gourmet nut milks, seed yogurt, and savory herb spiced nut and seed cheeses!



13) Food & Mood (Series)-You've

heard of comfort food, and while eating a pint of ice cream may make some things feel better, there's a little more to it than that! Did you know you can actually boost your mood by eating the right foods? The chemicals in foods affect our brains in very specific ways, and with the right foods, you can eat your way to being calmer, more focused, energized, and happy. If you suffer from sudden mood changes, anxiety, sadness, or fogginess, you can also look to your diet for clues on the culprits. Are you drinking too much soda pop, or eating artificial additives and chemicals (like MSG) that contain neurotoxins? (Neurotoxins have the power to excite your brain cells to death!) In this poster series, you'll learn how to eat your way to a better mood. You'll also find great information on the potential health and mood enhancing benefits of fair-trade organic coffee and chocolate (both for your health and the planet's!), as well as a few easy, tasty recipes to get your creative juices flowing!



14) Eco-Friendly Beauty & Non Toxic Personal

Care (Series)-Have you heard warnings about toxic ingredients in your personal care products, or wondered what labels like "organic" and "natural" actually mean? Your largest organ is your skin, and conventional beauty standards demand we put a lot of things all over it, and our skin absorbs what we put on it! While those demands are optional, of course, many people use at least some form of beauty and personal care products, but unfortunately, not all of those products are healthy or even safe. In fact, many are not even evaluated for safety by the FDA. Needless to say, finding safe, healthy alternative products that actually work can be tough! In this poster series, you'll learn all about the many toxic chemicals found in conventional beauty and personal care products, from coal tar in hair dyes, to carcinogens like talc to hormone disruptors like parabens, as well as the many ways these harmful substances affect human ecology. You'll also explore the dangers of feminine hygiene products and explore several alternatives for pampering yourself with eco-friendly products (ever heard of henna or paleo makeup?!).



15) Non-Toxic Laundry & Eco-Friendly

Clothing (Series) -Are the clothes you wear hurting the environment, or exploiting others in their manufacturing process? Have you heard about sweatshop conditions overseas (or even in the US!), or factory disasters,

and wondered if your clothes are part of the problem? How do you know? How can you research the impact the clothes on your back have? And speaking of impact, what about the environmental impact—is clothing manufacture environmentally friendly? How about the way you wash your clothes? These posters will provide you with tools to understand the true cost of clothing manufacture and maintenance, both in terms of human exploitation and toxic environmental impact. You'll also learn about ways to lessen your impact by finding and choosing eco-friendly and non-toxic alternatives to conventional clothing and laundry methods.



16) Non-Toxic, Eco-Friendly House

Cleaning (Series)-Are the products you use to keep your house clean making you and your family ill? Is your cleaning arsenal stocked with poisons that have to be locked away for safekeeping when not in use? Even though conventional cleaners claim to be safe, they are jam-packed with toxic chemicals. Handling, storing, and using these chemical can damage your health, and disposing of these chemicals damages the environment. Maybe you've heard about the dangers of conventional household cleaners, but aren't sure how to ditch them without sacrificing a clean house? These posters will explain the dangers of conventional cleansers and show you how to determine if your household cleansers are toxic. The posters will also give you ideas and recipes for making your very own non-toxic, eco-friendly cleansers from common household staples like baking soda, vinegar, and salt. Keep your home sparkling clean, without harming your family or the environment!



17) Eco-Intelligent Lifestyle (Series)-

Modern lifestyles can be hard on the environment and on your health. Have you ever considered your ecological footprint? How many resources you consume on a daily basis, and how much waste are you producing? Do our modern lifestyles really improve our well-being, or does the rat race for the American Dream set us up for pollution, hyper-consumerism, rampant unnecessary debt, and workaholism? Are we divorced from nature and the ability to appreciate simple abundance? Does your lifestyle foster community and connection, or does it isolate you in a sea of social media, personal devices, and being “plugged-in” 24/7? Are you inundated with news media scare tactics, or overwhelmed with negative news? An eco-intelligent lifestyle can help you address the harm caused by modern lifestyles, and change your legacy for the better. These posters will educate you and your family about the pitfalls of modern lifestyles, and provide you with tools to embark on an eco-intelligent lifestyle of your own!



18) Eco-Scholar Pack –Contains all 85+ posters combined! Enjoy!