

# *Holistic Cooking Academy of Canada*

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***“Building Immunity One Meal at a Time.”***

October 25, 2011

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Dear Dr. Glover and associates,

Thank you for offering to represent the Holistic Cooking Academy of Canada at your meeting in Toronto October 27.

According to the Lanark Job Bank the top five favorite jobs include teaching, nutrition and cooking. We have combined all three aspects for true job joy. Our business is hot, due to our purpose, as we get 160,000 hits on our website without advertising, the same number of hits as the town of Carleton Place in which I live. Google has positioned this Academy on page one due it being so unique in the entire world.

Cooking schools began in the 1960's across Canada and the US. **They all use toxic aluminum cookware and are archaic. With no awareness of toxic metals, and chef's and the public not knowing what anodized cookware is, the public is unprotected from toxic metal cookware. Surgical stainless steel 304 Ti have been manufactured since the 1940's and provide a lifetime guarantee of protection.**

In an October 1997 newsletter, the University of California at Berkley, reported that 90% of the autopsies done on those who had died from Alzheimer's disease had aluminum accumulated in the brain. Instead of asking government to form a ban, they said "Further studies needed to be done. I ask people, what would you like to do with this knowledge?"

At the Chicago Conference for the International Association for Culinary Professionals in 2007, I discovered that the **60 global colleges of Cordon Bleu Master Chefs (circa 1895) use toxic aluminum pots, and only consider how it turns white sauces gray instead of speaking of how it causes Alzheimer's disease.** That day I informed the VP of Cordon Bleu Paris and a room of forty other professional chef's who had never heard that aluminum causes Alzheimer's disease. I was appalled, and realized my mission that day.

This Academy desires to *set International standards on cookware.*

Would the People Centered Health and Health Canada join us with this cookware campaign? Please refer to the Articles Section sent to you. It is also on our website. See the Eleven Principles that Create Nurturing and Healing Kitchens.

**Cookware needs some form of regulation. It could be combinations of various Associations joined with us to create a gradual boycott through growing public awareness so that jobs diminish gradually in the manufacture of cheap, but highly toxic metal cookware.** Companies may also revamp their formulas to use the white titanium.

**What is the sense of buying organic food if chef's spoil it in their kitchens with toxic metal cookware?**

Currently, the school systems and college systems have failed the people so miserably for prevention of disease. I believe this is because there is no woman who serves on the Canadian Board of the Association of University and Colleges. I would love to sit on that board to represent private schools.

My business has no competition in Canada. We have some competition in the USA with two private schools that formed in 1983. The Bauman College formed in both Sanoma Valley and Berkley University, and charges \$13,000 for tutorial for a two year program. The Natural Gourmet College in New York City charges \$25,000 for a four and a half month training program.

This Academy desires to build an empire across an International market to build immunity one meal at a time.

We empower the people to listen to their own bodies and intuitive voice or their gut feel, which never lies to them. We wish to encourage people to go back to basics in their kitchen. They need to work from scratch with whole grains, not boxed foods, and to grow their own food organically, whether on a piece of the earth, or in a patio pot, or in an atrium or hot house. For good health nationally, we need to create a part-time Agrarian society with vegetable and fruit gardens in the home to help children remember where food comes from. City kids currently don't know the name of vegetables or that it comes from the ground. .

Holistic chefs understand that human health is based on organic soils, and that the price must come down to accommodate more families on a lower budget. A four day rotation diet to prevent food allergies can be costed as low as \$350.00 per month for one person.

With your help, Dr. Glover, I intend to build three commercial teaching kitchens with clear commercial signage with our corporate logo, which can go on other restaurants compliant to our eleven principles of nurturing and healing kitchens, of which the Green Door might be given an honorary holistic sticker in Ottawa, to draw the people to places of learning to overcome our toxic environment in the food chain. **We have 85,000 toxic chemicals in air, soil and water.** We have 14,000 harmful food additives permitted by government in boxed, manufactured foods. The Canadian Organic Growers has charged Monsanto this summer with manslaughter regarding GMO foods, which came stealthfully to market in 1996. Canadian GMO wheat, corn and soy have been

banned by Italy in 2009, and then Germany, France and England quickly followed. GMO foods cause third generation rats to be sterile. We can expect more and more sterility in Canadians by 2060.

As the Holistic Cooking Academy of Canada forms Canadian “cultural centers” in every province, people can learn how to build immunity one meal at a time with our accredited program by our Advisory Board members.

We will start in Carleton Place, where our head office has been since 1998. The holistic cooking curriculum has been written by Lori Nichols Davies under advisement of an Advisory Board comprised of radiant healers. I work with Ph.D’s in nutrition, complimentary medical doctors, (takes nutrition into account before drugs), as well as naturopathic doctors, herbalists, water experts, health kinesiologists, aromatherapists, and professional chefs.

As the Academy grows, so will the Organic Health Food businesses everywhere.

Holistic cookers support Farmer’s Markets and CSA farmers. We get as much organic foods as we can, and work from scratch with canning, freezing, dehydrating, grinding grains fresh, and using nourishing traditions to offset a world where the World Health Organization has identified more deaths by autoimmune disorders than by infectious disease. This is due to sheer ignorance of families not knowing what food can do for them, and political interference with nutritional science, and greed of Big Pharma creating structures that blind public awareness, even in the Universities, where dieticians are advised to not talk to anyone who is holistic.

The owner of Ashford Publishing Radio likes me over other contenders to prime time because of many of the 10 million listeners contacting this radio by email after my first 30 minute show asking, “When is that “holistic cooker” going to come back?” Further, they have ten professional listeners who listen to every new comer, and they have rated me as 9/10, meaning my messages hold captive a listening audience with intense interest.

This media team will take me to every syndicated radio station and all television networks even to Oprah, they said. I said in response to their enthusiasm, “We must wait until February 2012 as I need accreditation by the International Organization of Nutrition Consultants in Oakville to be properly dressed to go to a global market. The accreditation process takes four months. On November 15 I will submit my two foot long box of materials and 29 DVD’s to them so we can expect February 2012 to be ready as an accredited Academy.

February 27, 2012 this Academy as a corporation is five years old. I want to celebrate our fifth year as a corporation with the whole world cheering.

In February, when Ashford radio is paid \$13,500, they will send out their television crews to Carleton Place to videotape my message for google, yahoo, U-Tube, Face book, and twitter. They will then present me to Oprah. I believe I can create a tidal wave of business for this Academy with visitors arriving at the Ottawa International airport to come to be trained in holistic cooking in a space that can easily expand to 48 students at a time with dormitories and other streams of income such as a health clinic.

I invite Bonnie, your office manager, and anyone else interested, to listen to my first 30 minute show with Christine Larkin of Sex and the City. It can be heard on their website, at [www.ashfordpublishingradio.com](http://www.ashfordpublishingradio.com). Click on Studio A, and write in the search engine, Lori Davies, to hear my riveting message.

Further, I have written twelve cookbooks as a series called the Enlightened Home Chef. One of the five production managers at Ashford, Jim Leonard, is ready to publish and distribute them globally.

Across Canada, we could continue to build campuses wherever there is a trained and qualified holistic culinary instructor. In British Columbia we have by the end of 2012 two instructors ready in Kelowna, B.C. headed up by a holistic wellness team comprised of a nurse, Kim Basher, RN, and a registered holistic nutrition consultant, Jill Roussin, RHNC. Another team of holistic practitioners would be located in the Caribou Valley, headed up by Linda Jefferson, RHNC, on and near to her ranch.

Another center can be in Calgary with Chef Barb Thomas, of [www.love2eat.ca](http://www.love2eat.ca) a twelve year veteran ready to train more instructors for Alberta and British Columbia. She is a published author by Hay House, with her book called Go Girl, a nutrition plan for exhausted women to feel divine.

In Ontario, we have twelve holistic culinary instructors waiting for teaching commercial kitchens in Scarborough. Centennial College desires to lead a holistic cooking movement, as stated by one of our Advisors. A second Nature's Emporium is planned for the downtown core of Toronto.

In the United States, I am training three more instructors, one in Danville, California (near San Francisco); with Chef Parisa Ambwani, a Cordon D'Or Award winning author and teacher for her trilogy on Enlightened Recipes and Human Unity books full of wonderful pictures she took herself, and poetry. Another chef is in Charlotte, North Carolina, Chef Ellyn Kirschmann, a former speech therapist who worked in Ottawa and now teaches restorative yoga. The third chef lives on a farm in Combs, Arkansas. A center there could be headed up by Chef Tracy Leiser. This hardworking volunteer and entrepreneur has purchased land this year to become an organic farmer.

The Academy has twenty holistic cooking instructors.

Since May 2010, four are active Alumni members in Ottawa. One Chef Kathy Smart at [www.livethesmartway.com](http://www.livethesmartway.com) is on Ottawa Rogers Cable as of October 19, 2011 with recipes popular with Farm Boy, a chain of ten stores with one central kitchen of 7,000 sq ft. and she is poised to go on CTV with holistic cooking within the next year.

You may see our 12 themes of instruction on [www.holistic-cooking.com](http://www.holistic-cooking.com) under Class Topics.

For distance education, certificates are issued upon completion of a six to twelve hour exam for each theme to be handled piece meal at \$300.00 per module. Diplomas involve seminars, films, a three hours practicum exam by video, completion of the twelve certificates, personal tests for hair analysis and live blood for self awareness. They must get a minimum of 80% on the final exam, which takes them a day to write regarding our book list, which has 15 books to read.

Exams to receive a certificate are based on a Letter of Introduction, which gives a history of food politics, and the holistic value system, as well as class notes, six recipes per class, other books and resources, such as Nutrition Almanac by McGraw Hill, and charts of best food sources for the 120 nutrients needed by the human body, and lastly their own feelings on what they are learning as well as how well prepared are they to get the right cookware, and other tools to teach. For students with dyslexia or English as a second language I administrate the exams orally.

Silence is killing us. All 50,000 civil servants in Canada now back up Dr. Shiv Chopra BSc, VM, with his voice of exposure from his December 2009 book, regarding the Health Protection Branch being [Corrupt to the Core](#). Corruption is repeated by the voice of the Auditor General of Canada in regard to the PMRA, as stated at Ottawa's first Pesticide Conference Feb 28, 2005, which I attended. It was covered strangely, not by CBC or CTV, but by our local Rogers Cable. Further, the Ottawa Citizen failed to put this news of mass corruption on the front page the following day regarding this first ever conference. The Editors said it was "old news" Fortunately, the Harper government put forward the Accountability Act on Earth Day, April 22, 2005 to stop mandarins from firing scientists who disagreed with wrongful unscientific party lines.

Lori Nichols Davies  
CEO