

Naturopath will lead Banks workshop focused on healthy eating



By [Special to The Oregonian](#)

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When Karen Ward, co-owner of [Jim's Thriftway](#) in Banks, first heard about the [National College of Natural Medicine's](#) 3-year-old Ending Childhood Obesity program, she knew it was something she wanted to bring to her town.

"It's such a valuable piece of knowledge for the community, I really wanted everybody to be exposed to it," she said.

A few weeks before Christmas, 16 area residents, ages 12 to 65, completed the free 12-week program. [Andrew Erlandsen](#), a naturopathic physician at the Portland college, runs the Banks workshops.

Beginning Jan. 8, a second group will have the opportunity to take the workshop in Banks.

The class title can be misleading. "Our emphasis really is to educate the public about healthy eating," Erlandsen said.

"Not all our participants are children. It's really about trying to change everyone's habits."

Each class, Erlandsen said, builds on the previous one, so participants should commit to attend all 12 sessions. One of the important workshops takes place the second week, when participants learn to read food labels.

"It's not just a list of ingredients," Erlandsen said. "It's what's hidden in a label. Sugar can be called high-fructose corn syrup, brown rice sugar or other things. They mask it all different ways."

TO LEARN MORE

What: Ending Childhood Obesity, a 12-week program that teaches healthy eating

When: 6 to 7:30 p.m. Tuesdays, beginning Jan. 8

Where: [Banks Community United Methodist Church](#), 151 Depot St.

Cost: Free

Registration: Call or email Andrew Erlandsen to enroll at 503-552-1525 or aerlandsen@ncnm.edu

Ward said that in addition to sharing information during the sessions, the classes offer opportunities for participants to share their food experiences between meetings. Program leaders can help convert recipes to make them healthier, she said, or help people with food allergies make substitutions.

"It's lots of little things that make the difference," Ward said of her experience with the class. "In some cases, it's the no-fat and non-fat products making us fat."

The program isn't about dieting, said Ward, 41, a 1990 **Glencoe High School** graduate. "It's about learning how to have a different lifestyle."

People in the program, "don't feel like they're on a diet," she added. "It's about being healthy and feeling good."

In addition to financial support for the program, Jim's Thriftway supplies the food participants in Banks make each week. Funding also comes from **Bob's Red Mill** in Milwaukie.

-- **Connie Baron**