



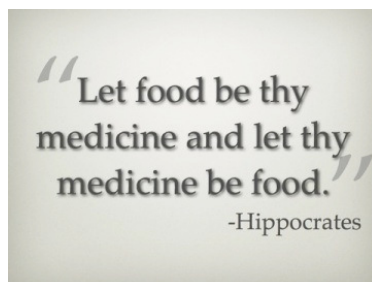
green napkin
nutrition

[Doctors Learn to Cook Healthy](#)

Green Napkin Nutrition

By Laura Rosenberg, RD

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Forward thinking physicians are leading the way for their patients in “Healthy Kitchens, Healthy Lives” a cooking class offered at the CIA Greystone in conjunction with Harvard Medical School. Imagine if the word spread from doctor to patient on how to cook and eat healthy and delicious food...

Anyone can learn to cook foods that support and heal instead of promoting obesity and weight related diseases. An article in the [NY Times](#) today talks about how some doctors joining this special seminar are so enthused they’ve installed teaching kitchens in their offices.

“Let Food By Thy Medicine” is a quote that will hopefully be coming from all doctors lips...