



[A healthy-kitchen gathering with America's favorite Doctor: Dr William Sears](#)

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Just recently the Culinary Institute of America (CIA) held its Healthy Lives- Healthy Kitchens conference in Napa Valley. The amazing event gathered some of the US most prominent Physicians such as Dr William Sears and Dr John Principe to name a few.

The main objective this year was how to successfully engage patients to improve their health with nutritional choices and lifestyles. Attendees learned, tasted and even prepared foods in the CIA teaching kitchens.

Inspired by the conference and with the help of our friends at Vital Choice Wild Seafood and Organics, we organized a healthy-kitchen gathering with guests of honor Dr William Sears and wife Martha. The culinary experience was interactive and educational. Green Living specialist, your very own Sophie, shared some important steps towards leading a more eco-conscious life and introduced guests to Green and organic companies who are leading the way in Skincare and organic fares.

Among the champions: Bio dynamic and 2011 Eco-award winner Pomega5, Earth Friendly Products, Living Tree Community Foods, Numi Tea, Shear Miracle Organics, Suki and of course Vital Choice Wild Seafood and Organics.

While enjoying superb organic cuisine we were able to talk to Dr William Sears, who was excited to mention his new book called Prime-Time Health.

“The goal is to educate people on how to be more healthy and to understand how our body changes during prime time. The key focus is to prevent disease, age more healthy and cut our risk of cancer,” he states.

Here are the 9 Prime-Time Health steps at a glance:

1. [Make Health Your Hobby](#)
2. [Keep Your Arteries Clean](#)
3. [Move!](#)
4. [Graze on good foods](#)
5. [Reduce your waist](#)
6. [Eat more seafood](#) (preferably [Wild Alaskan Salmon](#)) and less meat

7. [Eat more fruits and vegetables](#)
8. [Take Juice Plus+](#)
9. [Practice the pills/skills model](#)

“Don’t forget my rule of twos,” he adds. “Eat twice as often, eat half as much, chew twice as long, take twice as much time to dine,” he ends.

Guests left inspired, armful with eco-goodies courtesy of Earth Friendly Products, Living Tree Community Foods, Numi Tea, 100% Pure, Pomega5, Shear Miracle Organics, Suki, Vital Choice Wild Seafood and Organics and a Prime-Time Health DVD by Dr Sears.