

The Chocolate Therapist™

Author and speaker Julie Nygard is available for local, national and international presentations.

The Extraordinary Health Benefits of Chocolate

Most popular and easiest for large groups: 30-60 minute presentation (tailored to suit) on the health benefits of chocolate, how to read labels, how much to eat for health, specific research on how chocolate affects the body, much more. Includes handouts and samples for each guest. \$1900, includes 50 copies of Julie's book "The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate." Special prices for additional books if needed.



How to Pair Chocolate & Wine

45-90 minute presentation (tailored to suit). Event begins with an international chocolate tasting (2 chocolates), discussion on how chocolate is made from bean to bar, followed by two custom chocolates per wine*, for total of 10 specially crafted chocolates designed to bring out flavors in the wine, discussion wines with highlights of each brand served, how to eat chocolate properly, how to select wines for your own event. Each guest receives a folder including an outline of everything covered in the presentation, napkins, cups, plates and crackers to cleanse palate. \$2000 for up to 80 guests, includes 80 copies of Julie's book "Dare to Pair: The Ultimate Guide to Chocolate & Wine Pairing."

Special prices on additional books if needed. Request one volunteer for every 14 guests to pour wine.

*Note on wine class: host provides the wine, ask for a copy of our suggested wine list or buy your favorites.

How to Pair Chocolate & Tea

45-90 minute presentation (tailored to suit). Event begins with an international chocolate tasting (2 chocolates), discussion on how chocolate is made from bean to bar, 4 teas and 2 custom-crafted chocolates per tea, for total of 10 specially crafted chocolates designed to bring out flavors in tea. There is a discussion on teas with highlights of each brand served, how to eat chocolate properly, how to select teas for your own event. Each guest receives a folder including an outline of everything covered in the presentation, napkins, cups, plates and crackers to cleanse palate. \$2000 for up to 100 guests, includes up to 100 copies of Julie's book "The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate." Special prices on additional books if needed.

Nutrition: The End of Dieting!

45-90 minutes, (tailored to suit). Developed from research in Julie's newest book, "The Last Damn Diet: A Step by Step Guide to End Your War with Food Forever," this presentation covers the essentials of how to create a lifestyle that naturally results in ideal body weight. Guests will learn weight management techniques that Julie has learned from studying nutrition for 25+ years, including how to use amino acids to end food cravings and stop emotional over-eating, how to keep blood sugar stable and stop yo-yo dieting, how to develop an exercise program suited to each person's exact lifestyle and much more. Julie has a Nutrition Educator's Certificate from Bauman College of Holistic Nutrition & Culinary Arts. \$1900 / includes up to 100 copies of Julie's book "The Last Damn Diet." Special prices available for additional book orders.

Handcrafted, all-natural chocolate table gifts and quantity-discount book specials available
All presentations can be tailored, combined or changed to suit the needs of your event

Julie uniquely combines the latest scientific research on chocolate and decades of nutrition studies into events that every guest will enjoy. Her presentations are both informative and entertaining, designed so guests will have fun as well as learn how to make simple life-enhancing choices for a healthier lifestyle. Julie's lifetime commitment to health-conscious living and a passion for chocolate naturally bring these concepts together. She is a Nutrition Educator and has a degree in Psychology from the University of Colorado, Denver.

To book a speaking engagement, please contact Julie at
Julie@TheChocolateTherapist.com, 303-795-7913 or 303-489-7720.

