



## UPCOMING EVENTS

See Moodle for more details

### 3 November

### Dr Joe Pizzorno's Public Talk



## NEW NMHNZ STUDENT REP



Hi everyone, my name is Emma and I am your new NMHNZ student rep. I have been studying part time at SPCNM for the last 5 years and will be doing my final year next year (all things going according to plan!) If you have any questions about the Association or have anything you would like to communicate to the committee please don't hesitate to get in touch and I will do my best to pass information both ways. I am studying both on campus and online this semester, so if you don't see me on campus please feel free to email me on [emma.gardiner@spcnmstudent.ac.nz](mailto:emma.gardiner@spcnmstudent.ac.nz) with any questions or issues. I look forward to meeting you and to updating you on Association information over the coming year!



## JOE PIZZORNO

Talks Toxins and Solutions

**SATURDAY 3<sup>RD</sup> NOVEMBER | 9.00AM-4.00PM**

SOUTH PACIFIC COLLEGE OF NATURAL MEDICINE, 8 ARTHUR STREET, ELLERSLIE

We are thrilled to announce Joe Pizzorno's upcoming public talk and equally excited that Lara Pizzorno will join us online for a presentation on her own specialty - bone health and osteoporosis!

Seats are limited, pre-purchase of tickets is absolutely ESSENTIAL - no door sales!

- SPCNM students and Incorporated Society members \$20.00
- Alumni and other practitioners \$50.00
- Certificate of Attendance available on request

9.00-11.00am	Joe Pizzorno
11.00-11.30am	Morning tea - provided
11.30am-12.30pm	Lara Pizzorno (presenting online)
12.30-1.30pm	Lunch break - food not provided
1.30-3.30pm	Joe Pizzorno
3.30-4.00pm	Q&A session

Tickets can be purchased by contacting Catherine Wilson and payment made via internet banking - [catherine.wilson@spcnm.ac.nz](mailto:catherine.wilson@spcnm.ac.nz), ph: 09 579 4997  
Certificate of Attendance available from Catherine on request.

## Classroom 1 has a new sponsor – Bioceuticals



Logo will shortly be installed on the wooden plaque

## RASPBERRY CHOCOLATE CHUNK COOKIES

*Another great Deliciously Ella recipe*

**FOR THE COOKIES:** 200g ground almonds, 100 ml maple syrup, 100g dark chocolate (chopped into chips), 4 tbsps of brown rice flour (or a plain flour), 1 heaped tsp of bicarb, 1 tbsp of coconut oil (melted)

**RASPBERRY SAUCE:** 300g fresh raspberries, 150g dark chocolate, 1 tbsp of maple syrup

**METHOD:** Pre-heat the oven to 175c, fan setting. Place all of your cookie ingredients (apart from the dark chocolate chips (in a food processor and pulse until well combined. Once combined, add in the chocolate chips and give it another quick pulse to mix through. Scoop out spoonfuls of the mixture and roll them into balls using your hands, then squash them down into cookie shapes and place onto a lined baking sheet. Cook in the oven for 20-25 minutes until golden. While they cook make the raspberry sauce. First, place all of the ingredients in a pan over a medium heat and cook for 5-10 minutes until everything is melted. Then remove the pan from heat and whizz using an electric hand mixer until smooth. Drizzle over cookies and enjoy.

## Quote for the month

