

Better Living through Living Foods

The Why and the How of Raw and Living Foods



About 460 BC, the father of modern medicine, Hippocrates, said, "Let food be your medicine, and medicine be your food." After many years of better living through chemistry, and with the growing awareness of the underlying negative impact this way of life may be having on our inner and outer environments, revisiting this ancient wisdom may be the key to a simpler and more effective health protocol.

The Why

Including: The Basic Principles of Living Food Nutrition
Principles Which Demonstrate How This Way of Eating Achieves
Dramatic Results

Saturday, August 21, 2010, 7:00 PM

Cost: \$20 per Person

The How

Including: Ways to Build Your Raw Foods Kitchen through Intention and
Creative Footwork

Live Demos and Samples of Raw Food Staple Dishes

Saturday, August 28, 2010, 7:00 PM

Cost: \$20 per Person for Attendance +
\$20 per Person for Materials/Food



About the presenter: Jaia Lee has been involved in the raw food movement for over eight years and is a certified living food nutrition educator, certified raw food chef, and was co-founder and former director of Agape International Spiritual Center's Living Food Community in the Los Angeles area for several years. She has a Masters degree in spiritual psychology and brings a wide range of influences and experiences to the raw food conversation and to the growing field of holistic healing and optimal health.

To Register or for More Information, Please Contact:

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