

Welcome to the World
of
Living Foods
'The Food of the Future'



Judith Wade
Co-creator of
Living Foods Educational Health
Centre

By including **Living Foods** in any life style, one will experience an increase in **physical vitality and stamina, mental clarity, emotional balance and spiritual awakening.**

Living Foods will simply and gently assist the body's own intelligence in **nourishing, rejuvenating, repairing and detoxifying** diseased, injured or weakened cells and tissues.

**'The Healthiest
Fast-Food
on the Planet!'**



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**Private Consultation
with Judith Wade**

**Tailor made lifestyle adjustments
will simply and gently assist you
to enjoy Optimum Health!**



**The Power of
Wheatgrass!**

BENEFITS

**Increases Energy &
Stamina**

**Rejuvenates cells and
Detoxifies the Body**

**Boosts the Immune System
and repairs damaged tissue**

**Revitalizes the Digestive
Tract and Skin**

**Diminishes Joint & Muscle
pain and Allergies**



Yes! We Deliver!

Living Foods *Educational Classes*



Basic Living Foods Classes

Beginner's Class

- * Nutritional values & uses of wheatgrass
- * Preparation of Rejuvelac and Breakfast Cereal
- * Soaking, sprouting and storing of basic seeds, beans and grains

Energy Soup Class

- * Harvesting, cleaning & storage of Sunflower greens and Buckwheat lettuce
- * Dr. Ann Wigmore's original Energy Soup
- * Almond cheese, Almond Milk and Hummus

Veggiekraut Class

- * Preparation of salt-free Veggiekraut
- * Preparation of Borsch soup

Planting Class

- * Composting and mixing mineral charged soil for indoor gardening
- * Soaking, sprouting, planting, watering and caring for Wheatgrass, Sunflower greens & Buckwheat lettuce
- * Detox helpers e.g. colon hydrotherapy dry brush and lymphatic massage, rebounding, detox bath enemas & Wheatgrass implants

Living Foods *Rejuvenation Program...*

*combined with Qi Gong, is designed to assist individuals in learning a very effective method of taking responsibility for their own healing. Experience a safe & joyful Detox, supercharged with chlorophyll, enzymes, minerals, vitamins & plant life vitality to Nourish, Revitalize, Rejuvenate and Rebuild your body to its *Fullest Potential!**

*All participants will receive personal attention and be provided with all the necessary education and hands-on experience in **Living Foods***

Private Consultation *with Judith Wade*

Tailor made lifestyle adjustments will simply and gently assist you to enjoy Optimum Health!

In House Rejuvenation Retreat

*Duration : minimum 2 nights, 3 days
Extended stays are recommended.
You will experience healthful & balanced transformation into the world of Living Foods.*

Living Foods *Weekend Workshops*

Qi Gong Eight Brocades

Experience this 1400-year-old healing system, along with the Living Foods Rainbow Buffet for lunch and dinner, and transform your Body, Mind & Spirit forever!



Other Classes Available

*Yang Style Tai Chi
Wu Chi, Standing Meditation
Qi Gong, 8 Brocades*



*Inquire about our
Advanced Living Foods
Classes today!*

*Call Now for Details!
(250) 474-2455*

Email: info@livingfoods.ca

Advanced Booking only