



Raw/Living Foods Seminar

The raw food movement heals your mind and body and creates the highest energy and vibration inside of you. You can:

- Lose weight
- Balance insulin levels
- Clear brain fog
- Reduce cellulite
- Improve PMS symptoms
- Heal fibromyalgia
- Reduce high cholesterol & high blood pressure
- Get rid of migraines
- Reduce pain in the body and inflammation
- and the list goes on and on!

During this workshop, you will learn:

- What the raw food lifestyle is.
- How it can reverse illness and heal your body.
- Taste and learn how to make yummy raw foods.
- Show you simple ways to incorporate raw foods into your life.

ADDED BONUS: Once you register /pay for the class you will receive a personalized smoothie recipe for your particular health issue. Send me an email mona@lifeintegrity.com with your health problem.

Date: Sunday February 28th, 2010

Time: 10 am - 1:00 pm

Cost: \$129, registration required to hold your spot

Raw Foods Seminar Registration

Name: _____
Address: _____

Phone:#: _____
Email: _____
Health Issue: _____

Please send \$129 to register.

Life Integrity, LLC, 470 Main Street, Stoneham, MA 02180

Or pay via credit card below.

There is a 72 hour cancellation policy for this event. You will forfeit your registration after that time.

Credit Card Info: Master or Visa card #:

Expiration

Date: _____

Signature of

Authorization: _____

OR www.lifeintegrity.com/rawfood.html to pay via credit card. (Paypal-all credit cards accepted)

Thank you and I look forward to seeing you soon!

Mona Wind