FROM :J. CAREY FAX NO. :775-796-2668 Apr. 13 2003 09:26PM P1

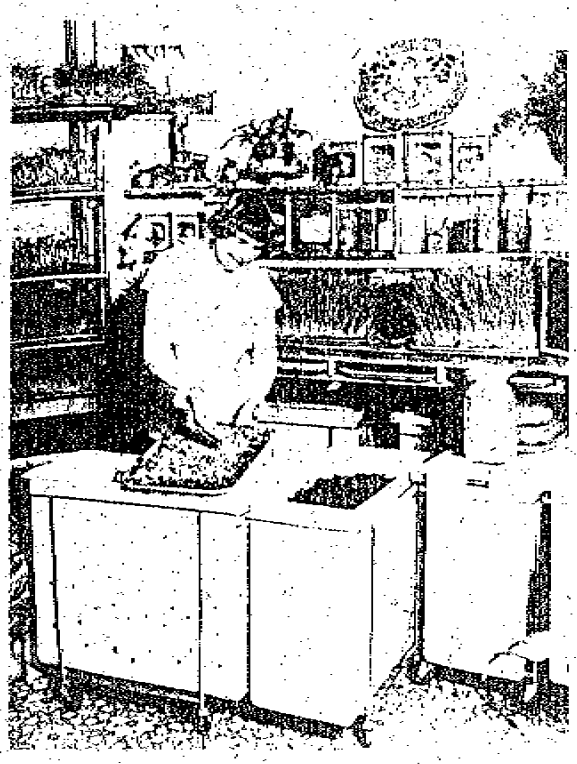


# Nurturing the Body... Nourishing the Spirit.

## Learn How to... Create... A Living Foods Kitchen!

*Dr. Ann Wigmore*

**Ann Wigmore's teachings** were Simple yet deeply rooted in the fertile grounds of love & compassion for humankind- planting globally, generous seeds of hope and inspiration for those open and willing to receive change. It is our sincere, heartfelt desire at the Ann Wigmore Foundation to carry on her living foods lifestyle legacy by sharing with humanity in an atmosphere of solace and contemplation, our knowledge of her teachings, while supporting with certainty, your personal healing intentions.



***Growing Greens and Wheatgrass...***
Ann Wigmore's Living Foods Kitchen

**The Living Foods Lifestyle Menu**

In essence, the nutritious food we prepare for our guests is simple, creative and delicious, using only the freshest raw organic fruits, vegetables, seeds, nuts and grains, when available. The first week of our program, the dietary emphasis is upon gentle, easily digestible meals to assist in the cleansing & detoxification process. The second week of our program, we gradually incorporate a more substantial fare such as raw hummus, raw tabouli, guacamole, nori rolls, dehydrated crackers and breads, vegetable pasta.

**The Living Foods Lifestyle Activities**

The activities offered at the AWF are specifically designed to ensure that each guest is offered a practical, general understanding of the many complementary facets of a living foods lifestyle. Some activities offered are "Hands On" participation in food preparing techniques, indoor jar sprouting, dehydration, and more. The program offers" Hands On" Classes in composting, as well as Greenhouse gardening of buckwheat, sunflower and wheatgrass!!!

Call for a sample class schedule!