What Are The Benefits of Changing Your Lifestyle?

Benefits Of Practicing Some Or All Of The Living Foods Lifestyle:

1. Usable nutrients that perpetuate health and well-being.
2. Avoidance of aging and other degenerative elements.
3. Health rejuvenation capability for those that are willing to change.
4. Renewing The Mind OR A Change of Consciousness.
5. A more natural way of living and learning dealing with minor disorders rather than with the use of chemicals, drugs, medicines, and synthetic substances, etc.

II. Getting A New Focus

1. What are you noticingthat is of concern to you?
   A. Poor health: aches and pain, rashes, frequent colds & flu, cough, indigestion . . . ?
   B. Allergies, sensitivities, finiky eater, re-occurant yeast infections . . . ?
   C. Mood swings, fogginess, unclear thinking, addictions, hyperactive child . . . ?
   D. Environmental issues: pollution, ethical farming, ozone . . . ?

III. Describe what changing your lifestyle can mean for you. Be specific. Also include how you would go about re-educating yourself and your family

1.

2.

3.

4.