WELCOME TO OUR HOUSE, OUR HOME . . .

What Creative Health Is And Is Not

Guests/students at Creative Health Institute need to know what Creative Health is and . . . what it is not. It is not a hospital, medical care facility or clinic. We practice no form of diagnosis and claim no method of treating disease, leaving this matter up to the life force and natural body-mind striving.

This program is conducted as a detoxification and rebuilding system of nutrition that people take home with them and incorporate into their personal lifestyle as they need it, to convert from a degenerative life threatening lifestyle toward a more healthy, life-giving lifestyle.

We invite those that are so inclined to come here and learn what many others have done to maintain good health and assist body immunity/self-healing by practicing good nutrition.

We know that each body and each lifestyle is different, requiring different nutritional intake. We teach principles of natural nutrition making no individual recommendations.

The program we observe was developed by Dr. Ann Wigmore who herself dealt with serious illness. The Living Foods Diet has been taught to hundreds thru her books and the Ann Wigmore Foundation, formerly Hippocrates Health Institute, which she founded 30 years ago in Boston.

We have seen many enjoy beneficial results during their two week stay and, as a result, many have continued indoor gardening, sprouting, juice fasting, and planned Living Food intake at home.

We offer only Live Foods at Creative Health. That is fresh raw fruits and vegetables, juices, blended soups, and salads, sprouts, as well as some nuts dishes and "smoothies". As a participant, you are here to learn and experience for yourself the full cleansing effect, and the difference the lifestyle makes (in just a short time!).

We in no way interfere with doctors recommendations regarding avoidance of certain foods or any medical program, leaving these matters entirely up to you and your doctors. We do encourage you to do the Program that is here, at Creative Health. It is what you are paying for. Diversions detract focus and can be counter productive to your healing process.

You are expected to join in the food preparation, indoor/outdoor gardening, sprouting, morning exercise, and classes/videos of instruction so you will understand the Lifestyle when you go home, and can carry on the aspects of it you need.

Please! Communicate to us what aspect you wish to concentrate in so we can help guide you through this wonderful energetic experience.

THANK YOU FOR YOUR COOPERATION!!!

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