

# The Raw Truth: Foundations of the Raw Food Lifestyle

September 25, 3 pm

Georgetown Market ♦ 317.293.9525



The raw food lifestyle is hailed as “the answer” for reversing aging and many common health issues. **The Raw Truth: Foundations of the Raw Truth Lifestyle** provides detailed information about all facets of the raw food lifestyle.

Course topics include:

- A thorough explanation of what the raw food lifestyle is and what foods it includes
- The many health and psychological benefits provided by raw foods
- The scientific reasons for how and why raw foods cause physical healing
- How to successfully transition to the raw foods lifestyle — a step-by-step plan
- How to stay raw while eating out, attending parties, living with a non-raw partner and children, etc.
- What to expect during detoxification and how to deal with the symptoms
- How to ensure complete nutrition and adequate protein
- How to set up a raw foods kitchen
- How to go raw on a budget
- How to grow sprouts
- How to use a dehydrator

Course fee: \$25 with pre-registration.  
Please call 317.293.9525 to register.  
Early registration recommended.



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Founder, Good Works Wellness Research LLC  
Presenter at 2009 Raw Spirit Festivals**

Providing a naturopathic approach to wellness with services in Herbalism, Kinesiology, Iridology, Nutritional Consultation, Bach Flower Remedies, Aromatherapy, Dried & Live Blood Cell Analysis, Living Foods Life Coaching, and others.

<http://www.goodworkswellness.com>

<http://rawrevolutionaryhealing.blogspot.com>

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