

*LIVING FOOD
FOR
HOLISTIC
WELLBEING*



*By
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*All proceeds from the sale of this book are donated
to animal welfare*

INTRODUCTION

Every aspect of 'you' starts with the food you eat. It's the fuel for life and I believe there is no truer saying than 'you are what you eat'. This little book offers you the opportunity to experience your wellbeing in a natural, balanced way through living food.

The food you put into your body and how it affects you has more far reaching consequences than you may think. You are an holistic being, made up of the elements of mind, body, spirit and emotions. What you eat can affect every element of your life. Eating a predominantly raw food diet will fill you with vibrant energy and bring you the opportunity to be the best you can be. You are a unique being, responsible for caring for yourself and your needs at all times. Natural balance and vitality is your birthright.

You carry an immense, holistic resource bank within you. Are you using it?

The information in this little book offers you the opportunity to start thinking about how well you are right now and what changes you might want to make to rebalance your life and be the best you can be.

It comes to you with love and blessings.

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Appendix 1

Food list ~ what counts as living food?

Appendix 2

To Order a copy

Contact Sue Tew:

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*Sue is suggesting a
donation of £5 per copy, all
the proceeds go to support
animal welfare*

