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Contributors

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The Raw Food School

LEARN ABOUT
RAW FOOD
AND ITS LIFE
CHANGING BENEFITS



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WELCOME TO THE RAW FOOD SCHOOL

Our aim is to transform raw food from simply a 'diet' into a truly gastronomic experience. We believe raw food shouldn't be 'bore food'- it should be delicious, innovative and fun. We've mixed complimentary and contrasting flavours, textures and colours to create mouth-watering dishes and recipes that would be at home on any contemporary restaurant menu. And we want to share them with you!

Whether you're a Raw Food novice and keen to find out more, or an old hand looking for fresh inspiration, we have courses for everyone.

The incredible benefits of Raw Food are becoming more widely recognised by dieticians, doctors and health professionals. Now you can see the benefits for yourself, with the Raw Food School.

WHAT IS RAW AND LIVING FOOD?

In a nutshell, Raw and Living Foods are uncooked vegetables, fruits, nuts, seeds and sprouted grains – virtually everything edible that grows from the earth that has not been cooked. The options are endless; Raw Food can be chopped, blended, pureed, juiced, dehydrated and combined into an infinite combination of mouth-watering recipes.

The Raw Food diet excludes any foods that have been chemically processed or pasteurised and contains no meat, fish, eggs or dairy products.



WHAT ARE THE BENEFITS OF EATING A RAW AND LIVING FOODS DIET

There really are so many reasons to eat a raw diet. The positive health effects are far-reaching, and different people eat a raw food diet for different reasons. For some, the principal reason is ease of weight loss. For others, it's just an easy way to eat healthily. Many raw food eaters witness a marked change in appearance, developing a clearer complexion and radiant skin, glowing from the inside out. And still more experience a significant increase in energy levels, feeling as well as looking years younger. No matter who you are, you can experience all these changes on a raw food diet.

In addition to these general health benefits, raw food is known to have healed or helped a wide range of minor and severe illnesses, conditions and symptoms. These include:

- Diabetes
- Fibromyalgia
- Acne
- Migraine
- Back Pain
- Neck and Joint Pain
- Asthma
- High Blood Pressure
- High Cholesterol
- Hypoglycemia
- Colitis
- Diverticulitis
- Candida
- Arthritis
- Serious Allergies
- Depression
- Anxiety
- Mood Swings
- Heartburn
- Gas
- Bloating
- Skin Diseases
- Obesity
- Chronic Fatigue
- Cancers
- and many more...

CLASSES

Come and learn just how easy it is to incorporate raw food into your everyday life, whilst creating delicious recipes in a relaxed environment with like-minded individuals. No matter where you are on the journey of discovery, there is a class to suit everyone.

Andrew teaches from the heart and is passionate about raw food. He is keen to pass on his knowledge, making it a life changing and energising experience. Above all, we want to make the whole Raw experience simple to understand.

Informative: Andrew opens his heart and mind to make sure you share his knowledge and understanding of raw food.

Practical: All dishes are demonstrated in front of the class. The recipes are achievable and are easily incorporated into a busy lifestyle.

Fun: The wide mix of people always makes the classes interesting. It's great to exchange ideas, teachings and our journey experiences with people who are on similar paths.

Inspiring: You'll come away from your class not only inspired and motivated, but with the knowledge to begin eating Raw Foods and the confidence to make delicious recipes for yourself and your friends. Who knows, they might become Raw too?

Yummmm: As you would expect, there are plenty of Raw Food tasters to sample throughout the course, ensuring that you satisfy the gastronomic desires that you will doubtless feel.

Whether you are new to Raw or seeking fresh inspiration, take a look at our website or call for more information.

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