



Delicious **“Raw 10-Minute Meals in a Blender”**
& How to **“SPROUT your own SuperFoods”**

Based on the Teachings of Dr. Ann Wigmore

with **DEBRA SECUNDA**

Demo & Tasting, Raffle for FREE DVDs:

“Yoga & Raw Foods Expo” LECTURES:

Super Nutrition!

Sutton Rm: Sat. 3pm & Sun. 5pm

Learn why Green Smoothies are Better than Juicing:

- * **Healthy Weight Loss Without Feeling Hungry**
- * **Detoxify the Body Naturally & Safely**
- * **Boost your Immune System**

Sky in the Pie Productions, Inc.

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see free excerpts at:

www.RawFoodDvds.com

