



TV Host & Raw Living Food Educator

DEBRA SECUNDA

will show you easy ways to prepare delicious
RAW COMPLETE MEALS

"YUM-O!"

based on DR. ANN WIGMORE'S "ENERGY SOUP"

"Raw 10-Minute Meals in a Blender"

Learn Why Green Smoothies are more nutritious & Better than Juicing:

- Boost your immune system
- Detoxify the Body Naturally & Safely
- Healthy Weight Loss without feeling hungry
- Natural Probiotics: Simple Recipes for SEED "yogurt" & sauerkraut
- "ON-the-GO" Quickie Meals!

"Sprout your own SuperFoods!"

Demo & Tasting: *Fri. May 22nd*
7-8 PM

"Wild By Nature" market

260 W. Montauk Hwy.,
Hampton Bays

Sky in the Pie Productions, Inc.
212 751 3239 See Excerpts at:

www.RawFoodDVDs.com

