



COUNTRY CLUB
SANTA PONÇA

C O N F E R E N C E

Raw Food Diet For Life

- ¿What is Raw Food?
- ¿What are the health benefits?
- ¿What can I eat on a Raw Food Diet?
- ¿Where do I get my protein?
- ¿Why raw not cooked?
- ¿What is wheatgrass?
- ¿Can a raw food diet act as a prevention for diseases?
- ¿Will I look like Demi Moore soon?



Join Beverley on this exciting and informative talk of how she has lived on a Raw Food Diet for just over a decade and never felt better!

Beverley Pugh is a Raw Food Chef, Hippocrates Health Educator and Coach. Reiki Master. Reflexologist. Rebirther.

WHERE Santa Ponsa Country Club,
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DAY Tuesday 18 September 2012

TIME 8pm



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