



# COOKING IN THE RAW



*'Living' Raw Food Tasting Recipe Class*

WITH **WAYNE GENDEL** LONGEVITY COACH

& DEVELOPER OF THE FOREVER HEALTHY LIFE EXTENSION PROGRAM

AND **JEANETTE SOUSA**

**SUNDAY JAN 20<sup>TH</sup> 2013, 11 AM – 1 PM**

## Demonstrations of FOREVER HEALTHY's 5 MINUTE Recipe System

*A Unique, Fast, Easy, Nutritious & Delicious Healthy Food Preparation System*

**Please Come Hungry! Plenty of Tasty Samples!**

*Nut & Seed Milks, Raw Pasta, Sprouted Crackers, Protein Chips, Sauces & Dips,  
Forever Healthy Energy Shake, Healthy Ice Cream, Protein Brownies, Dehydrated Snax*

**Secrets To Make Your Own Fresh Super Healthy Recipes In 60 seconds!**

*How to **Increase** the Nutritional Values of Beans, Grains, Seeds & Nuts  
by 50 To 300% for Optimum Health & Healing*

***Q & A:** Real Answers for Vibrant Health Now! Raw Healthy Food that Tastes Great!  
Say Goodbye to Cravings, Indigestion and Low Energy!*

**Get Ready For An Incredible Raw Food Taste-Gasm!**

The **"COOKING IN THE RAW"** manual includes  
plenty of super healthy, fast recipes, health tips, shop and stock list,  
food charts and even healthy skincare recipes!

Annette Nolan, Accredited Journey™ Practitioner, Certified Conscious Coach

*It's All About You*

CENTRE FOR COMPLEMENTARY HEALTH



**\$95**

AT THE DOOR

OR

EARLY BIRD

**\$85**

THANK YOU!

14550 Dufferin Street, King City, ON L7B 1K5 905.833.6444

[www.itsallaboutyou.ca](http://www.itsallaboutyou.ca)

[EMAIL US](mailto:EMAIL US)



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*Wayne is known for practicing what he preaches and facilitating people to empower themselves.*

*Unedited Comments from  
Forever Healthy Lectures Attendees:*

- \* **Awesome! An Inspiration** *Tania Persad*
- \* **Great Presentation!** *Merle Gould*
- \* **Excellent!** *Suzanne Lacroix*
- \* **Excellent Presentation** *Dr. A. Friedman*
- \* **Dynamic, positive speaker!** *Tracy Torrance*
- \* **Enlightening** *Renee Heitner*

*This empowering seminar is based on many years of scientific research from the top world-renowned health centers and practitioners, as well as wisdom of disease-free cultures around the world. All the information has been personally tested and proven in years of clinical practice.*

## WAYNE GENDEL

*studied health modalities with top world-renowned professionals, including **Viktoras Kulvinskas, Dr. Ann Wigmore and Dr. Brian Clement** of the **Hippocrates Health Institute**. Wayne is certified in iridology, colon therapy and deep tissue massage, and he is adept with kinesiology and Kriya Hatha yoga.*

## PUBLIC APPEARANCES

*Wayne has appeared on many health related television programs. As well he has lectured for **York University, Canadian Natural Health Association**, annually at **The Vegetarian Food Fair, The Learning Annex, Whole Life Expo, The New You Show and The Total Health Show**. Wayne has addressed health centers, corporations, health retreats and various events across Canada. Wayne has also appeared on teleconferences with **Frederic Patenaude** and on the world wide **Raw Mom Summit** (by **Shannon Leone**) with other top raw food notables. Wayne writes articles regularly for **NaturallySavvy.com** and his own website, **ForeverHealthy.net**.*

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