



THE GREEN SMOOTHIE REVOLUTION WITH VICTORIA BOUTENKO

Victoria Boutenko will present her inspiring new lecture
'The Green Smoothie Revolution'.

The talk will cover the following topics:

- Green smoothies - an easy way to enjoy greens
- Deficiency and Toxicity, as the Foundation of Any Disease
- Juicing versus blending
- Food combining in green smoothies
- Your Body Never Makes Mistakes
- What the First Humans Ate
- In Defense of Germs
- Importance of Rotation of Greens in Green Smoothies
- Green Smoothies for Children
- Green Smoothies for Our Pets

**AUTHOR
OF BEST-SELLING BOOK
'GREEN FOR LIFE'**



Victoria Boutenko came to the USA with her family, including children Sergei and Valya, in 1990. The Boutenko family, also known as the Raw Family, became world-renowned raw food teachers, chefs & writers. Victoria Boutenko has thousands of followers. As a result of her teachings, many raw food communities have been formed and helped throughout the world. In recent years Victoria has become most famous for her discovery of green smoothies, which has revolutionized "health food" as we know it.

MONDAY, 15TH MARCH 2010 7:30PM – 9:30PM

FEE: £15 (INCLUDES HANDOUTS)

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