

ALCHEMY

DISCOVER WHAT'S AT THE CENTRE

RAW MAGIC PHILOSOPHY

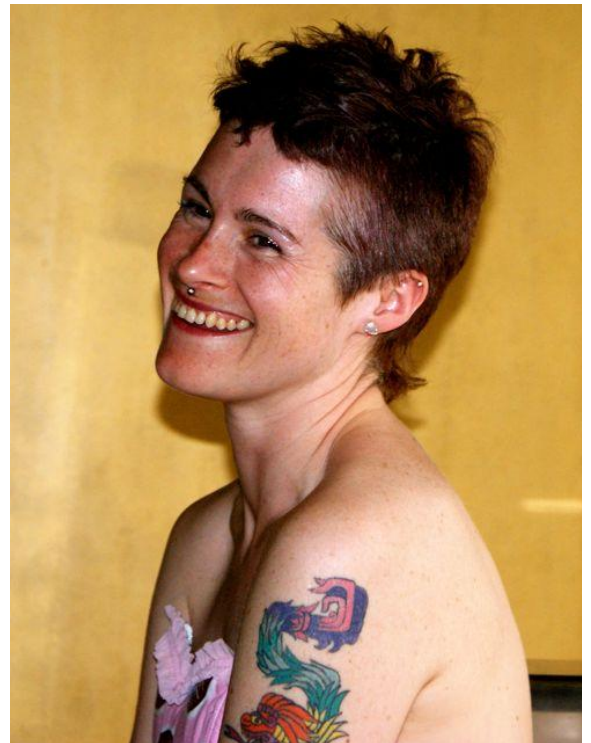
In this two-hour class, Kate will be cramming in as much as she can of the Raw Magic philosophy. What are the best raw foods to include and which are the best to avoid. How to transition easily and achieve your goals effortlessly, without stress and yo-yo-ing. Some of the common bad habits people slip into and ways to avoid them. How to avoid deficiencies on a raw diet.

And then, what happens when we start getting it right. The natural highs that come from eating the best foods on the planet. The transformations that start to occur in our lives. And why these personal changes are so important to the wider culture and our global environment.

We will have limited time for questions, but Kate will try and answer as many as she can. Don't forget to bring pen and paper! There will be cake, chocolate bars, and Kate's books available to buy.

This is cutting edge nutritional teaching, combined with empowering inspiration and wisdom - for your mind, your heart and your body, it's all in Raw Magic.

WITH
KATE MAGIC



Kate Magic is the most experienced raw food promoter in the UK today. She has nearly two decades of experience of raw eating, and is raising her three sons on the raw diet. She is the author of four raw lifestyle books, and tours internationally giving talks and workshops on raw foods.

FRIDAY, 30TH JULY 2010

7:00PM – 9:00PM FEE: £15

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