



SPROUT RAW FOOD

"LET US HELP YOU REACH YOUR PERFECT WEIGHT AND PEAK PERFORMANCE, REVERSE AGING, ELIMINATE PAIN, OVERCOME CHRONIC DISEASES AND OBTAIN SUPERIOR HEALTH."

JACKIE & GIDEON GRAFF

Amazing Italian Extravaganza

Sunday, May 16, 2009, from 1:00 pm - 6:00 pm , Austin TX

Half day presentation of the raw food lifestyle that includes an introduction, topics of interest, questions and answers, raw food demonstration and an Italian theme meal: *Marinara Sauce, Zucchini Noodles, Protein Nuggets, Lasagna, Macadamia & Pine Nuts Ricotta Cheese, Italian Marinated Greens, Italian Stuffed Zucchini, Italian Dressing and Green Salad, Mango Banana & Kiwi Pie, Nuts & Dates Pie Crust*

Come and discover Raw Food amazing healing power, with two of the most respected teachers in the country, Jackie & Gideon Graff.

Hosted by Yemiah & David Favor
Casa De Luz
1701 Toomey Rd
Austin, TX 78704

For information, directions, and registration, go to:

<http://austinraw.eventbrite.com/> or call 770 992-9218

Jackie Graff R.N. B.S.N has been a practicing nurse for 39 years in a major metropolitan hospital. Realizing that traditional medicine does little to cure people from disease, Jackie turned to nutrition for cure and prevention. In addition to her continued nursing practice, she is a nutrition consultant, health minister, and author of 17 theme raw food recipe books and one of America's leading raw chefs. Together with her husband Gideon, they teach culinary classes at the Hallelujah Acres Culinary Academy in Shelby NC and in Atlanta.

Gideon Graff is the director of Sprout Raw Food, raw chef, and health coach. You can contact Jackie and Gideon at 770 992-9218 or email them:

info@sproutrawfood.org
www.sproutrawfood.org

