

**Chef Mary & Chef John's  
Wellness Retreats  
Reboot- Recharge- Restore**



**Guided Meditation**

**“A Life Changing Experience”**

**Learn healing foods for life**

- **Restore Your Energy**
- **Save Your Eyesight**
- **Reboot Your Brain**

**Mind – Body – Spirit**

**Sat. Jan. 4 – 10, 2020**

**Sat. Jan. 25-31, 2020**

**[www.January-in-Jamaica](http://www.January-in-Jamaica)**

**[www.total-health.info](http://www.total-health.info)**

## **Bel Cove Villa, Belmont, Jamaica**



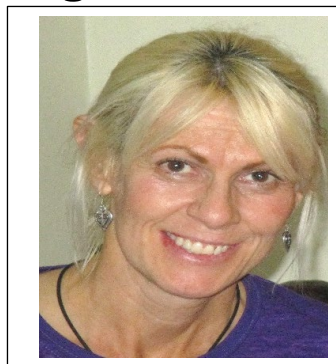
### **Ocean front healing retreat**

- **Learn healing foods for life**
- **Feel healing Reiki energy**
- **Healing begins at any age**

### **Your Personal healing coaches**



**Chef John Rasmussen**  
**Healing Foods for Life**  
**Save Your Eye Sight**



**Chef Mary Kaye**  
**Reiki Master, Teacher**  
**Therapeutic Touch**

# Living Food for Life!

Our goal is to stimulate interest in a life changing concept to overcome health challenges with organic living foods for life

We trained in Ann Wigmore's living foods, Neal Barnard MD Food for Life for diabetes, T. Colin Campbell PhD lifesaving *China Study* of three key issues, *breakfast, lunch and dinner*.

A woman training for the Special Olympics inspired my story *From Sickness to a Marathon*. Sick at 47, I changed my lifestyle to finish the Alaska Midnight Sun Marathon at 59.

Chef Mary recovered from asthma and other conditions with living foods. Amish farmers as well as scientists and teachers led to our vision to seek total health, not half sick.

We will share how to prepare living foods in simple, appetizing ways with less cooking to provide the enzymes, nutrition, fiber and proteins for Living Food for Life.

Unplug your microwave, turn off the oven, plug in your blender, save time with a food processor, and make gluten free pasta and let a counter top dehydrator be your oven.

Bon appetite,

*Chef Mary & Chef John*

Co-authors, The UNcook Recipe Book

[www.total-health.info](http://www.total-health.info)



# **Total Health Retreat Save Your Eye Sight**

**Learn healing foods for life:**

## ***10 Essentials to Save Your Sight***

**By Edward Kondrot MD Ophthalmologist**

**“Prevention is always first”**

**Foods as Oral Chelating Agents**

**Increase Lymphatic Circulation**

**Dr. Steven Sinatra, Cardiologist’s**

**Most important recommendation-**

**“Reconnect body with natural energy”**

**Difference between Eyesight & Vision**

**Aldous Huxley restored his sight, so can you**

***The Art of Seeing*, “The mental side of vision”**

**Alternatives to Cataract Surgery for Eyes**

**“Cataract surgery does not treat the real cause”**

**“Dietary Clean Up is essential to heal your sight”**

**Three cookbooks recommended by Dr. Kondrot.**

**I am Grateful; Recipes & Lifestyle of Café Gratitude**

**Raw: The Uncook Book; New Vegetarian Food for Life**

**Raw, Alkaline Cuisine by Salomon Montezinos**

**Total-Health.info booklet for all participants**

**Info, discussion, hands on food prep at retreat**

**Contact Chef John 734-635-1598**

**[John@1love-1world.org](mailto:John@1love-1world.org)**

**[www.total-health.info](http://www.total-health.info)**