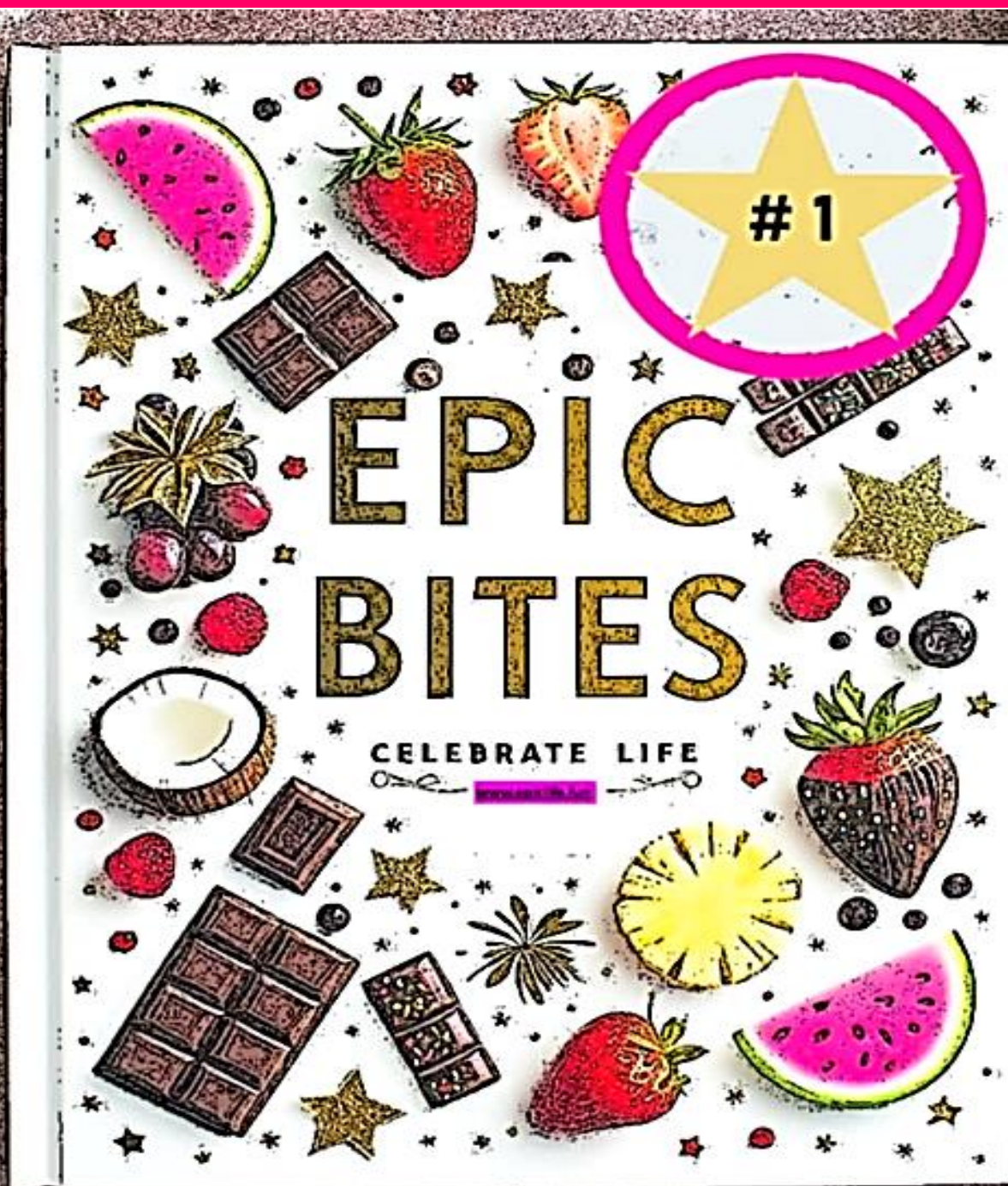


# LEGACY OF LOVE



"I Give You Every Seed-Bearing Plant On The Face of The Whole Earth And Every Tree That Has Fruit With Seed In It. They Will Be Yours for Food." Genesis 1:29

- ❖ Panacea for Spiritual Health, Endless Joy, Beauty and Abundance
- ❖ Heaven & Nature Sing: Enjoy Euphoric Birthing, Live Joyously
- ❖ There is No End to Love! Visit [www.EpicLife.Fun](http://www.EpicLife.Fun)



**Laughter is the Best Medicine.**





**It's a Good Day to be Happy.**

**Shakira Paradise Rose**  
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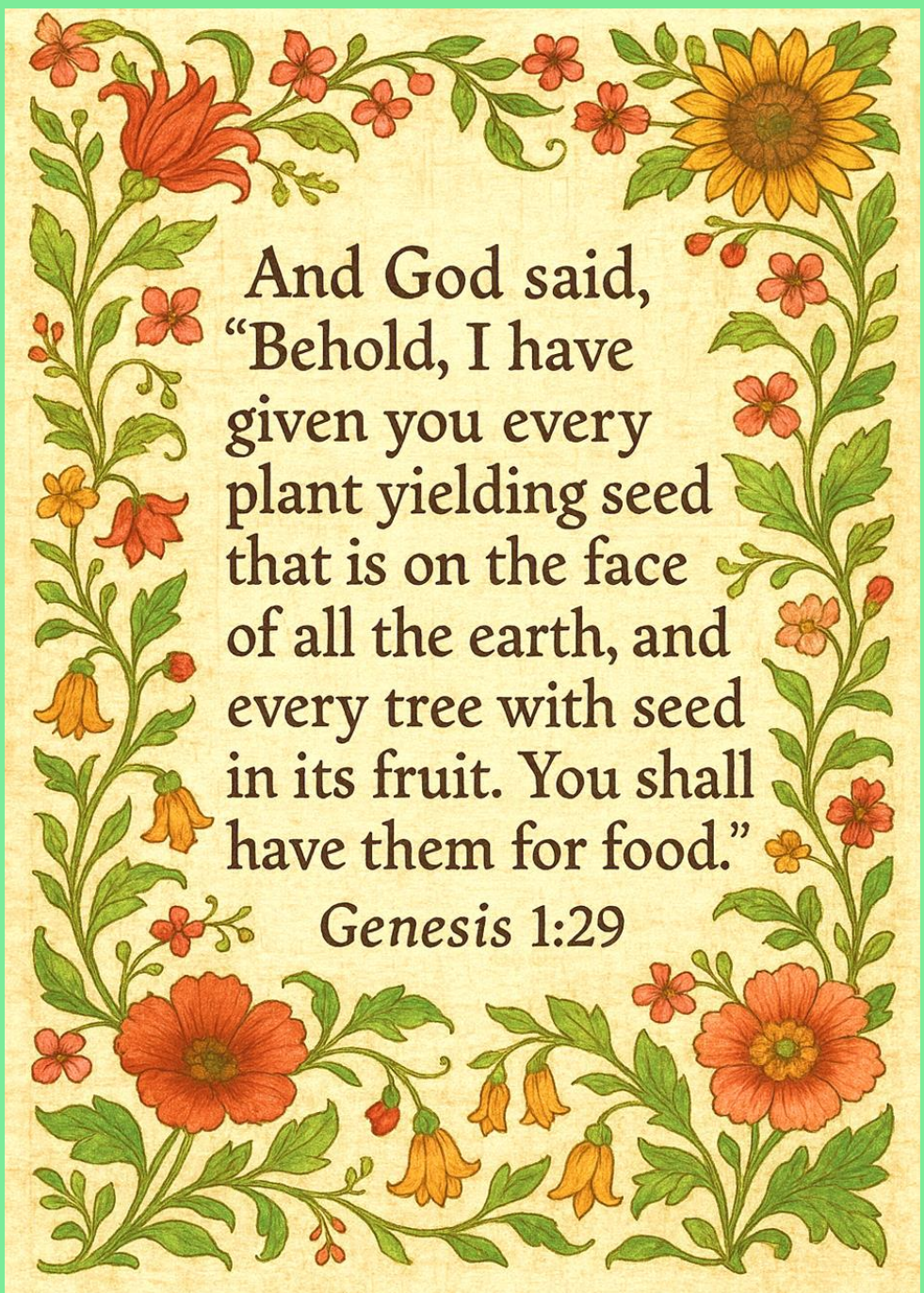
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For More Information,  
Enjoy Books, Art & Music [www.EpicLife.Fun](http://www.EpicLife.Fun)



And God said,  
“Behold, I have  
given you every  
plant yielding seed  
that is on the face  
of all the earth, and  
every tree with seed  
in its fruit. You shall  
have them for food.”

*Genesis 1:29*



## High Vibe Foods



- ❖ Favorite Fruits
- ❖ Delicious Acai Bowls
- ❖ Incredible Smoothies
- ❖ Cacao Chocolate Puddings
- ❖ Avocado Toast with Vegan Butter
- ❖ Raw Coconut Oil & Olive Oil Make Great Vegan Butters
- ❖ Avocado & Sea Salt, Ground Pepper or Cayenne Powder
- ❖ Vegan Breads with Delicious Jams & Nut Butters
- ❖ Oatmeal & Favorite Cereals with Plant Milks & Fresh Berries
- ❖ Vegan Hashbrowns, Waffles & Pancakes
- ❖ Tofu Scrambles & Breakfast Burritos
- ❖ Moringa Smoothies, Wheatgrass Juice & Herbal Teas
- ❖ Fresh Watermelon & Favorite Juices
- ❖ Fresh Coco Water, Orange Juice, Apple Juice
- ❖ Pure Spring Water (528 Hz Pure Love)



### FUN FOOD TRIVIA

Fruits, vegetables, whole grains and legumes support a Healthy Heart Society. According to the Physicians Committee for Responsible Medicine these (4) main food groups can prevent numerous costly ailments. Star Fruits are magical and fun to Eat.

***Happiness can cure ailments.***

The Physicians Committee for Responsible Medicine PCRM are pioneers of Preventing Numerous Ailments from A-Z, Healthy School Lunch Programs, 21 Day Kick Start Programs, Veg Kits, Books and Numerous Resources to Aid Human Health, Safety and The Natural Environment.



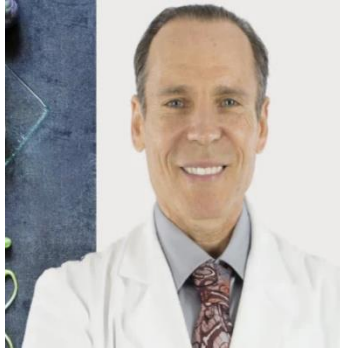


**There is No End to Love One Seed Can Create An Endless Supply of Delicious Foods.  
Whenever Possible Savor the Flavor Of One Fruit at a Time & Sun-Kissed Berries.  
Fresh Fruits & Berries are Nature's Euphoric Infinity Foods.**



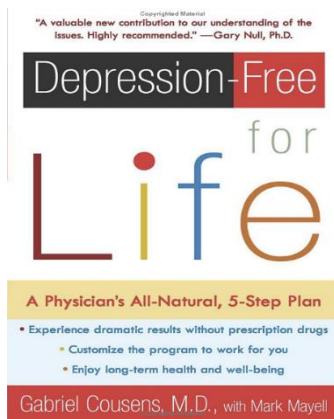
## I NOW KNOW I CAN/ WE CAN...

- ❖ End Heart Disease with Dr. Joel Fuhrman, MD
- ❖ Thrive Depression Free for Life with Rainbow Cuisines
- ❖ Celebrate Joyful Meals with “The Blender Girl”
- ❖ Support Euphoric Births visit [www.orgasmicbirth.com/podcast](http://www.orgasmicbirth.com/podcast)



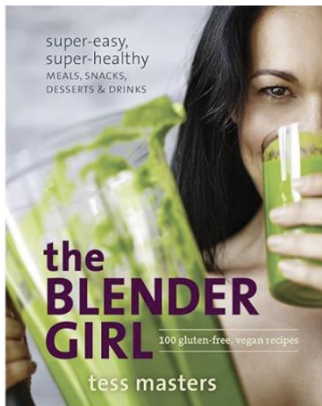
Dr. Fuhrman offers a detailed nutritional plan to reverse heart disease, normalize blood pressure and cholesterol, and protect against heart attacks.

In “The End of Heart Disease” a New York Times Best Seller, Dr. Fuhrman explains the futility of traditional medical care for heart disease. He offers compelling and irrefutable scientific evidence documenting how the right diet can be 100 times more effective. [drfuhrman.com](http://drfuhrman.com)



Life can be celebrated from Birth to Our Elder Years. Joy, Beauty and Abundance are everywhere in Nature. When we reconnect with Mother Nature and the Power of Unwavering Faith anything is possible. Rainbow Nutrition when prepared in a manner that keeps living enzymes in tack can aid in a joyful life at any age.

Dr. Gabriel Cousens, MD, is the author of [Depression-Free for Life](#) and stars in a pioneering film called [Simply Raw Reversing Diabetes in 30 Days](#).



Enjoy absolutely delicious meals, smoothies, snacks, soups, salads, main dishes, full on meals and desserts created by Tess Masters. Tess offers recipes for success that support ageless beauty, feeling good naturally, preventing numerous ailments from A-Z and enhanced joy, beauty, creativity and restful sleep. We are what we eat and pure sourced, wholesome plant meals can create an endless array of delightful recipes. As always have fun and be creative! [www.theblendergirl.com/recipes](http://www.theblendergirl.com/recipes)



# The Nutrition Rainbow



*Tips: The more naturally colorful your meal is, the more likely it is to have an abundance of cancer-fighting nutrients. Pigments that give fruits and vegetables their bright colors represent a variety of protective compounds. The chart below shows the cancer-fighting and immune-boosting power of different-hued foods.*

Colors	Foods	Colorful Protective Substances and Possible Actions
Red	Tomatoes and tomato products, watermelon, guava	Lycopene: antioxidant; reduces prostate cancer risk
Orange	Carrots, yams, sweet potatoes, mangoes, pumpkins	Beta-carotene: supports immune system; powerful antioxidant
Yellow-orange	Oranges, lemons, grapefruits, papayas, peaches	Vitamin C, flavonoids: inhibit tumor cell growth, detoxify harmful substances
Green	Spinach, kale, collards, and other greens	Folate: builds healthy cells and genetic material
Green-white	Broccoli, Brussels sprouts, cabbage, cauliflower	Indoles, lutein: eliminate excess estrogen and carcinogens
White-green	Garlic, onions, chives, asparagus	Allyl sulfides: destroy cancer cells, reduce cell division, support immune systems
Blue	Blueberries, purple grapes, plums	Anthocyanins: destroy free radicals
Red-purple	Grapes, berries, plums	Resveratrol: may decrease excess estrogen activity
Brown	Whole grains, legumes	Fiber: carcinogen removal

## Ingredient Substitution Chart

PCRM

# Ingredient Substitution Chart



### MEAT SUBSTITUTES

**Legumes**, beans, peas, and lentils are an all-natural, high-fiber protein source that can easily be used as the main course or in place of meat in recipes.

**Vegetarian burgers**, made from a variety of plant foods including vegetables, grains, and soy, provide a meat-like taste and texture and can substitute for ground meat.

**Tempeh**, made from fermented soybeans, has a distinct flavor and meaty texture that can be used in place of ground meat and works well in curries, chilis, and stir-fries.

**Seitan**, made from wheat gluten, is well-suited for shaping into roasts or for replacing strips or chunks of meat in recipes such as fajitas, stews, or stir-fries.

**Portobello mushrooms** have a savory flavor for filling a meat layer in a dish or as "burgers" at your next barbecue, especially after marinating in low-fat dressing and then grilling or heating in a frying pan.

**Tofu**, a curd made from soybeans, is mild in taste and easily absorbs the flavor of any recipe. Soft tofu works well in soups, sauces, and desserts, and firmer varieties work well in stir-fries and other recipes requiring tofu to hold its shape. For a denser texture, freeze tofu, thaw, and squeeze out excess water before using it in your recipe.

**Textured vegetable protein (TVP)**, made of defatted soybeans, provides a substitute for ground meat.

### OIL ALTERNATIVES

**Sautéing**: Water or vegetable broth.

**Baking**: Applesauce, or low-fat liquids such as plant milk or water.



### EGG SUBSTITUTES

*One egg is equal to:*

1/4 cup silken tofu blended

1/2 mashed banana

1/4 cup applesauce or pureed fruit

1/2 cup soy or rice yogurt

1 1/2 tsp. of Ener-G Foods Egg Replacer +  
2 tbsp. lukewarm water

1 tbsp. ground flaxseed meal + 3 tbsp. water + 1 tbsp.  
oil + 1 tsp. baking powder + 1 tsp. potato  
or cornstarch

1/4 cup mashed white potatoes or sweet potatoes

2 tbsp. potato starch, cornstarch, or arrowroot

2-3 tbsp. tomato paste

1/4 cup cooked oats

2-3 tbsp. bread crumbs

2-3 tbsp. flour

1 tsp. baking powder

### DAIRY ALTERNATIVES

**Milk**: Equal portion of almond, oat, soy-, hazelnut, or rice milk.

**Creams**: Almond milk (or any nut milk), soymilk, coconut milk, mashed potato, pureed garbanzo beans, pureed tofu, soy sour cream, soy whipping cream, or soy creamer.

**Parmesan cheese**: Nutritional yeast, garlic powder, and/or chopped walnuts or almonds.

**Cheese**: Soy-, rice-, nut-based cheese alternatives, or nutritional yeast.

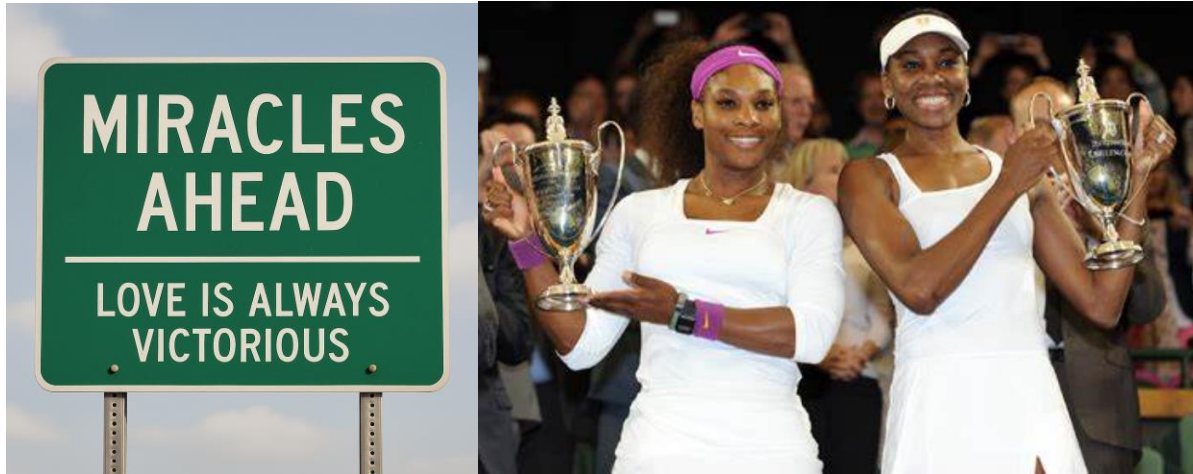
**Butter**: Dairy-free non-hydrogenated margarine for cooking, baking, or spreading. Some good brands include Earth Balance and Spectrum.

**Ricotta cheese**: Firm tofu, drained, and crumbled.

Physicians Committee for Responsible Medicine • [www.PCRM.org](http://www.PCRM.org)



## Follow Our Dreams Big & Small Follow Them All



**World Famous Athletes** such as All Time Great Tennis Players, Serena & Venus Williams, who went on a healing journey together and experienced amazing results from fresh, whole plant meals served in their unaltered, natural state aka Rainbow Nutrition. Due to her success, radiant skin and feeling so great on clean energy from plant sourced meals, Venus Williams launched “Happy Viking” a vegan, nutrient-rich superfood supplement. Serena supports cruelty-free, solutions such as Vegan Fashions for woman, PlantX and other vegan products that support total wellbeing... Body Strength, Mind Integrity & Heart Centeredness. Kindness can create Paradise.

Since 2011 after she was diagnosed with Sjögren’s Syndrome, an autoimmune disorder that caused severe pain and nearly ended her career Venus took on plant based solutions. It was after she removed animal products from her diet and shifted to a “Fresh is Best” Lifestyle that Venus Williams was able to thrive again and get back on the court.

Children and animals are vulnerable in our society. Taking on Meatless Mondays (Going Vegan 1 Day a Week) or Doing Your Research and Shifting Entirely Can Make a Difference in Your Life and Especially in Theirs. Children and animals can thrive on this planet with support of sustainable, plant resources, athletes and health enthusiasts can benefit, moms and dads and the entire planet can shine as a Loving, Trusting Home to all residents of the Earth.

Even a papercut hurts, what we as a society have inflicted upon animals and subjected children to by means of exposing our youth to 100% preventable ailments can shift into Global Nutrition Guides that support planetary wide wellbeing... not just a few, but the collective can thrive in joy, beauty and abundance.

***I Am a Living Miracle, All Life Is!***

## Sample Meals & Recipe Books

Experience Ageless Beauty, Vibrant Health, Inner Peace & Happiness



### ☀ Breakfast

- Delicious Strawberry, Banana & Mango Smoothies
- Frozen Acai, Banana, Strawberries, Granola, Coconut Flakes & Blue Berries
- Tofu Scramble with Seasoned Tofu, Sautéed Spinach, Tomatoes & Mushrooms
- Chia Pudding: Chia Seeds Soaked In Coconut Milk, Topped With Fresh Fruit

### 🥗 Lunch

- Rainbow Salad: Quinoa, Mixed Greens, Avocado, Chickpeas, Carrots & Tahini Dressing
- Veggie Wrap: Tortilla, Avocado, Hummus, Lentils, Bell Peppers, Cucumbers & Sprouts
- Creamy Pumpkin Soup Made with Coconut Milk & Warm Spices

### 🍃 Dinner

- Stuffed Bell Peppers, Quinoa, Black Beans, Corn & Herbs Baked Inside Bell Peppers
- Zucchini Noodles With Basil Pesto & Cherry Tomatoes
- Sweet Potato With Favorite Steamed Veggies
- Black Bean Tacos With Side Of Guacamole, Chips And Salsa

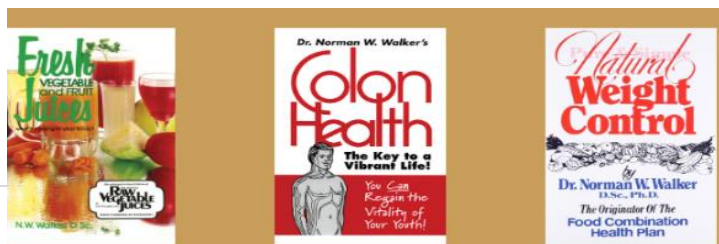
### 🌿 Snacks

- Crisp Apple, Banana, Orange, Grapes, Raisins
- Dried Coconut, Dried Mango, Sunflower Seeds, Brazil Nuts, Cashews

### 🍰 Desserts & Drinks

- (V, GF) Chocolate Mousse
- (V, GF) Apple Pie
- (V, GF) Chocolate Fondue with Strawberries & Bananas
- Artisan Pure Spring Water, Pure Coconut Water, Herbal Teas, Kombucha

[Dr. Norman T. Walker Presented Wonderful Juice Recipes](#)







## **ACAI BOWLS**

Acai is a Purple Superfood That's Super Delicious Frozen and Added into Fruit Bowls. Enjoy Frozen Acai combined with various toppings such as: Strawberries, Bananas, Blueberries, Dried Coconut Flakes, Fresh Coconut, Granola, Raspberries, Blackberries, Papaya, Currents, Mango, Kiwi and so on...

So Much Fun... Taste Great, Feel Great.

*For Added Protein Enjoy Moringa, Spirulina, Nut Butters, Hemp, Flax & Chia Seeds.*

## **NUMEROUS HEALTH BENEFITS**

Acai Contains Super Antioxidants for Strong Bones & Healthy Immunity. Acai is a Wonderful Superfood for Heart Health, Brain Health, Increased Energy, Joy & Focused Creativity. Acai Can Help Reduce Inflammation, Blood Clots & Lower High Blood Pressure Naturally. Superfoods Such as Acai Bowls Taste Great and Promote an Overall Sense of Happiness & Wellbeing.

## **DELICIOUS SMOOTHIES & VEGAN ICE CREAMS**

Favorite treats can be enjoyed in a loving way that promotes peace and prosperity. Dairy-Free Milks are creamy and delicious. Smoothies, Yogurts, Vegan Cheese and Ice Creams can be made with Plant Milks that are naturally healthy, super nutritious and delicious. Naturally Sweet Coconut Creams are smooth tasting and support brain health, soft skin and strong immunity. Other popular plant milks include Hempseed, Almond, Soy, Walnut, Cashew, Sesame and Rice Milks... YUM.



# Chocolate Cacao & Super Fun Dips

## Chocolate Cacao Pudding “YUM!”

1. Feeling Good, Feels Good
2. Add Cacao Powder to Ripe Avocados
3. Bananas or Tofu And Blend Until Creamy
4. 1-2 Tbs. Fresh Raw Pressed Coconut Oil
5. Optional Add Favorite Plant Milk
6. Blend on High 2-3 minutes until Creamy
7. Add Favorite Spices like Nutmeg & Cinnamon
8. Optional Nut Butter, Maple Syrup or Molasses
9. Blend & Enjoy with Fun Toppings
10. Such as Berries or Vegan Whipped Cream

## Benefits of Cacao Pudding

1. Tastes Great & Supports Ideal Weight
2. Cancer Prevention Food
3. Supports a Healthy Heart Lifestyle
4. Can Strengthen Natural Immunity
5. Supports Brain Health & Clear Thinking
6. Can Enhance Joy & Creativity
7. Promotes An Active Lifestyle
8. Restful Sleep & Waking Up Feeling Refreshed
9. Aids in Natural Beauty, Shiny Hair & Bright Smiles
10. Prevent Diabetes & Numerous Costly Ailments
11. As With Anything Moderation is the Key
12. Have Fun & Be Creative



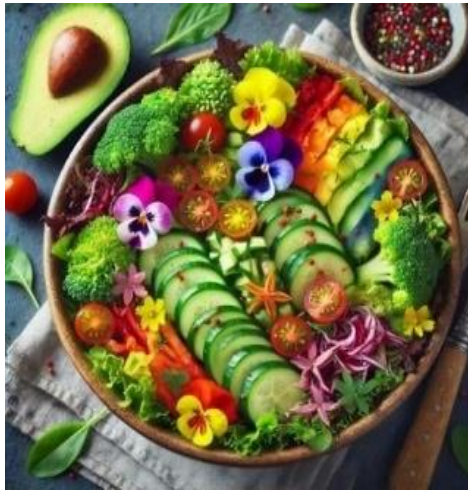
**Super Fun Dips** Guacamole, Salsa, Delicious Pesto Sauces, Savory Olive Pâtes & Hummus can aid Zing to favorite meals, salads, salad dressings, breads, crackers and snacks. Nondairy cheeses can be enjoyed sliced, shredded, melted and in blocks. Sample vegan cheeses include dairy-free Feta, Provolone, Cheddar, Pepper Jack & Mozzarella. Cow Milk is 100% Perfectly Suitable for Baby Calves. Plant Milks, Plant Yogurts, Plant Butters, Etc. are delicious and can aid in preventing diabetes and numerous ailments.

Fresh, raw plant meals can prevent common allergies, eczema, zits, gas & bloating. Dairy-free milks, creamers, ice creams and yogurts support a Healthy Heart, Diabetes Free Society. For Strong Healthy Bones, Gums and Teeth Green Leafy Vegetables Provide Healthy Calcium Such As Broccoli, Kale, Spinach, Bok Choy, Cabbage, Brussel Sprouts and Super Greens Like Spirulina, Chlorella, Moringa & Wheatgrass Juice. Have fun and be creative!



# Super Salads Taste Great

Fresh is Best!



**Sample Super Salad Recipe** Combine Fresh Organic Greens, Favorite Crunchy Veggies such as Broccoli, Cucumber, Diced Purple Onions (Optional), Sprinkle Edible Flowers, Raw or Roasted Sunflower Seeds, Sliced Avocado & Tomato, Colorful Bell Peppers, Fresh Sprouts such as Sunflower, Broccoli, Mung Bean, Lentil Sprouts.

**Fun Condiments:** Nori Sprinkles, Cayenne, Nutritional Yeast Powder, Onion Powder, Garlic Powder, Crystalline Sea Salt, Fresh Ground Pepper.

Enjoy Guacamole & Hummus with Crackers, Sourdough or Sprouted Whole Grain Bread, a Side Pasta Dish or Baked Potato.

Raw Coconut Oil has many benefits including boosting metabolism, improving skin health, aiding weight management & diabetes control. It can be made into a delicious salad dressing by adding Braggs Seasoning or Coco Aminos to Taste. For a Creamier Dressing Add Ripe Avocado & Blend All Ingredients on High for 2-3 minutes or until smooth.

**Living Food Tower Gardens** are a wonderful solution for home, schools, churches and cafeterias. Enjoy Weed Free Gardening, No Raking or Heavy Wheelbarrows... So Much Fun, watch Nature Grow & enjoy!

# 6 Reasons Tower Garden Is a Great Teaching Tool

1

## You'll grow more in less time and with fewer resources.

Tower Garden uses aeroponic technology, which - compared to soil gardening - has been shown to increase yields by as much as 30% and triple the speed of plant growth, while only using 10% of the water and space.

2

## You can grow inside the classroom.

Grow lights allow you to garden indoors all school year long, which means bodies (and minds) don't have to leave your learning environment to grow.

3

## You'll have less mess.

Compared to traditional gardening, there's less hassle and cleanup with Tower Garden, because it doesn't use soil.



TOWER  
GARDEN

*Grow Up!*



4

## You can move it wherever learning is happening.

You can wheel Tower Garden from the classroom to the cafeteria to the playground—and pretty much anywhere else your students are!

5

## You'll get growing support.

Lesson plans, growing guides, FAQs and more - The Tower Garden website is packed with useful information. Plus, Customer Service is just a click or call away, happy to help troubleshoot any problem you might have.

6

## You'll get free access to lesson plans.

With 30 CCSS- and NGSS-aligned lesson plans and learning materials for Pre-K through 7th grade, incorporating Tower Garden into your curriculum will be easy.



## High Vibe Superfoods

Noni, Cacao, Wheatgrass Juice, Spirulina, Chlorella, Moringa the Miracle Tree and Purple Acai Berries are some of the most nutrient-rich foods on the planet and can be enjoyed in green drinks, smoothies, teas and natural beauty products. Our cells can heal at the molecular level with balanced nutrition, natural stress relief like yoga and meditation and light exercise such as stretching, walking, running and swimming.

### Rise & Shine With Nutrient Rich Superfoods



CHOOSE SUPERFOODS ACCORDING TO YOUR LIFESTYLE & GREATLY ENHANCE WELLBEING  
BENEFITS OF LIVING SUPERFOODS SERVED FRESH IN JUICES & SMOOTHIES

- ❖ Enjoy Restful Sleep
- ❖ Wake Up Feeling Happier
- ❖ Feel Energized, Rejuvenated & Refreshed
- ❖ Support Healthy Heart Society
- ❖ Enjoy Stronger Immunity
- ❖ Enhanced Joy & Creativity
- ❖ Improved Focus & Clarity
- ❖ Improved Balance
- ❖ Purify Your Blood Stream
- ❖ Balance Hormones
- ❖ Enjoy Eye Health
- ❖ Brain Health
- ❖ Strong Healthy Bones, Gums & Teeth
- ❖ Improve Overall Sence of Wellbeing, Balance, Inner Peace & Happiness
- ❖ Superfoods such as Green Mush are great for Pets & Rescues

# Super Superfoods



- **Noni:** Known as a traditional Polynesian remedy, noni is believed to enhance the immune system, support heart health, and provide anti-inflammatory benefits. Noni may help with pain relief, digestion, and even have antioxidant properties.
- **Spirulina:** a nutrient powerhouse, rich in protein, vitamins, and minerals. It is known for its detoxifying effects, immune-boosting properties, and potential to improve endurance and energy levels.
- **Moringa:** Often called the "Miracle Tree," moringa is packed with vitamins, minerals, and antioxidants. It is believed to support eye health, brain health, reduce inflammation, and help regulate blood sugar levels.
- **Acai:** This deep purple Amazonian berry is loaded with antioxidants, particularly anthocyanins, which may support heart health, improve skin, support vibrant energy, radiant skin, restful sleep and boost cognitive function.

Each of these superfoods has been used in traditional medicine for centuries, and modern research continues to explore their potential benefits. Noni Fruit, Spirulina, Wheatgrass Juice & Moringa, and the Miracle Tree are Ancient Remedies. Dating back many thousands of years and biblical in that Abraham, Elijah, Moses and Jesus used medical plants. Africa, China, Egypt and India are all ancient civilizations, their wealth of wisdom is rising in modern times.

The Miracle Tree has saved countless lives and continues to do so today. Superfoods earn their name and status because they are so nutrient rich they can positively change the molecular structure of our cells, pets & rescues in a manner that supports vibrant health and wellbeing.



## **Real Noni Farm**



Noni Fruits Are One of the Kings of Super foods With 100s of Medicinal Uses. The Real Noni Farm on Kauai, Hawaii is an exemplary example of what can be ... Living and farming harmoniously with Nature in Hawaiian this is called “Malama Aina” to respect and cherish the Motherland ... Can be accomplished. The Real Noni Farm produces a True Organic Product farmed with TLC Tender, Loving Care and Shared With the Intention to Help prevent numerous chronic ailments using a natural fruit, God’s Perfect Design.

### **Fun Noni Trivia**

What you put on your skin matters- it soaks into your body. Research has identified over 165 beneficial compounds in the raw pulp of Noni including vital micronutrients such as natural antioxidants, soluble and insoluble fiber, essential fatty acids, and countless other vitamins and minerals, which work together to promote good health. The highest potency of the beneficial compounds is found in the solid form from the raw pulp.

- ❖ Antioxidants- Slows damage caused by the oxidative process by effectively helping to neutralize free radicals. Antioxidants may also boost your heart, brain, vision, and skin health.
- ❖ Damnacanthal- stimulates T cell activity
- ❖ Scopoletin- analgesic and binds with serotonin, keeping levels elevated, anti-depressive, anti-hypertensive, anti-inflammatory, antihistamine
- ❖ Anthraquinone- fight enzymes that break down collagen in the body, which may slow down the aging process, help regulate smooth digestion
- ❖ Terpenes- help with cell rejuvenation increasing nutrient-ion exchange
- ❖ Phytonutrients and Selenium- antioxidant protection against free radicals
- ❖ Soluble fiber- helps clean blood, decreases cholesterol, binds to fat, balances blood sugar levels
- ❖ Insoluble fiber- important for colon health
- ❖ Amino acids- building blocks of proteins. Contains 17 of the 20 amino acids including all 9 of the essentials making it a complete protein
- ❖ Essential fatty acids- building blocks of fats and oils maintain healthy skin, nerve cells, heart tissue and blood vessels, help balance mood, keeps cells working properly, improving nutrient-toxin exchange

For more information and to book a farm tour, visit [www.realnoni.com](http://www.realnoni.com)

Taro or Callo is a staple starchy potato style root vegetable that grows abundantly on Hawaiian Islands and can be traced back more than 6000 years to Asia. It can enhance vibrant health, strengthen immunity and support vibrant wellbeing. Mashed Taro is a superfood for toddlers and new mamas. Cosmic Legends trace it back to Venus!

# Super Nutrient Rich “Energy Soup”

Inspired By Dr. Ann Wigmore & Viktoras Kulvinskis

*"I see a world without sickness, sorrow, or mental disturbance in which we are living in perfect balance, abundance, health and harmony." Ann Wigmore*



## Dr. Ann Wigmore, Holistic Wellness Pioneer

- ❖ Reverse the Impacts of Aging
- ❖ Enhance Natural Beauty & Strong Immunity
- ❖ Improve Your Strength & Endurance
- ❖ Energy Soup is a Gentle Detox
- ❖ Feel Nourished & Rejuvenated
- ❖ Restore Hair Health & Vibrant Wellbeing
- ❖ Enhance Joy & Enthusiasm about Life
- ❖ Thrive Free Costly Ailments from A-Z including numerous types of cancers

“The happiest people I know have been those who have accepted the primary responsibility for their own spiritual and physical wellbeing – those who have inner strength, courage, determination, common sense and faith in the process of creating more balanced and satisfying lives for themselves. Dr. Ann inspired Holistic Wellness Centers around the globe. She understood the power of Faith, Love & Gratitude.

Foods served in their organic, fresh state support vibrant health, inner peace and wellbeing. Dr. Ann Wigmore wrote books on holistic wellness, renewal and rejuvenation. She popularized wheatgrass juice an ancient remedy used during the time of Yeshua Jesus Christ, Moses and Abraham. The Father of Holistic Medicine, Hippocrates stated, “Let Food Be Thy Medicine and Medicine Be Thy Food.” Kind loving thoughts, walking gently on the planet, caring for people and animals can be incorporated in our lifestyles via the books and research of Dr. Ann Wigmore.

Wheatgrass juice, sprouts, energy soup and pure raw foods can assist with relieving the symptoms of chronic ailments, numerous types of cancers and creating vibrant health, inner peace and happiness.

For Healthy Living Retreats visit [www.bookretreats.com](http://www.bookretreats.com)



# Don't Be Cheesy: Choose Plant-Based!

Eating cheese, which is high in calories, fat, and cholesterol, can lead to weight gain and health problems. The good news is that you can break your cheese addiction without giving up your favorite foods!



## Pizza

Ditch the dairy and your pizza's flavors will come alive! Add spices like basil, oregano, and paprika, grilled vegetables, sun dried tomatoes, artichokes, and olives.

### Why not try?



## Salads

Salads don't need cheese to be filling. Try adding nuts, seeds, or beans for a protein boost and fruit, like mangoes or berries, for a special touch.

### Why not try?



## Vegetables

Do you smother your veggies in cheese? The following toppings add flavor to raw carrots and cucumbers, steamed broccoli and spinach, and other vegetables.

### Why not try?



## Sandwiches

It's easy to make a sandwich without the meat and cheese. Pile high lettuce, tomato, cucumbers, and grilled vegetables and spread one of the toppings below.

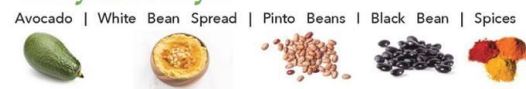
### Why not try?



## Burritos

Holding the cheese on your burrito will allow the flavors of spices, like cumin, coriander, turmeric, paprika, and cilantro, to emerge.

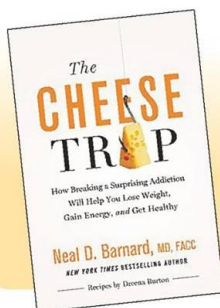
### Why not try?



## Crackers

Crackers without cheese? It's true! Spread these toppings on, and you'll get all of the flavor without any of the regret.

### Why not try?



## The Cheese Trap

In his new book, Dr. Barnard reveals the latest research about cheese and presents a simple program to help you lose weight, gain energy, and improve your overall health.

Visit [TheCheeseTrap.org](http://TheCheeseTrap.org) for more.



Mom's Milk is #1 Choice for Infants & Toddlers. When Not Possible Coconut Milk & Spirulina Powder Are Healthy Alternatives. [PCRM.org](http://PCRM.org) offers free resources to help sustain Parents, Athletes, Health Enthusiasts, A Healthy Heart Society and Healthy School Lunch Programs Across the US, Canada, S. America, Europe, China, India & Africa.



## Miracle Foods from Nature's Gardens

Learn ways to balance hormones, overcome depression and mood swings, and be free of cramps and pimples. Bounce back from Post Partum Depression and Numerous Costly Ailments with better understanding of the immense benefits of plant sourced meals we can aid in the prevention of pre-adulthood diseases such as diabetes, high cholesterol, ADD, weight challenges, obesity, and numerous types of cancers impacting the nation's kids and adults. With better understanding of plant nutrition we can prevent strokes and end heart disease.

More Information on Creating a Healthy Heart Society, Visit [www.PCRM.org](http://www.PCRM.org)



**Imagine a Healthy Heart Society**



# For An Eco-Friendly Planet

**Malama Aina in Hawaiian means “To Care for, Cherish & Respect Mother Nature”**



Prioritizing organic, plant solutions can create a healthier, happier, more sustainable planet.

1. **Nutritious Powerhouses** – Plants provide essential vitamins, minerals, and antioxidants that boost immunity and overall health.
2. **Sustainable Food Supply** – Compared to animal agriculture, plant-based farming requires fewer natural resources and reduces environmental degradation.
3. **Healing Properties** – Many plants have medicinal qualities that aid in disease prevention, gut health, and natural healing.
4. **Climate Resilience** – Trees and plants absorb carbon dioxide, helping combat climate change and reduce pollution.
5. **Biodiversity Support** – Prioritizing plants promotes a balanced ecosystem, preserving habitats for countless species.
6. **Water Conservation** – Growing plant-based foods typically requires far less water than raising livestock, helping address global water shortages.
7. **Soil Regeneration** – Plants contribute to healthy soil through natural composting, reducing reliance on chemical fertilizers and improving food security.
8. **Mental & Emotional Wellbeing** – Green spaces and plant-rich diets are linked to reduced stress, improved mood, and enhanced cognitive function.
9. **Accessible Healthcare** – Herbal medicine and plant-based remedies provide affordable, natural alternatives for communities with limited healthcare access.
10. **Economic Growth** – Sustainable plant agriculture fosters local industries, creating jobs and economic stability in rural communities.

*By embracing plant resources, we unlock solutions for nutrition, environmental health, and economic resilience. All Kingdoms Truly Can Thrive in Joy, Beauty & Abundance.*

## A Noble, Fun Way of Living & Being Free



The Golden Rule “Live & Let Live, Free from Harm” Can Help Create Planetary Wide Abundance and Prosperity for All. We are One Family in the eyes of God, Creator Source. Whales Care for Their Young, Mates & Siblings. They are noble, loving creatures who care about the planet and humanity’s wellbeing. For more information about the Mer Community visit [www.JoanOceanFilm.com](http://www.JoanOceanFilm.com) [www.joanocean.com](http://www.joanocean.com) [www.DianneRobbins.com](http://www.DianneRobbins.com) [Captain Paul Watson Foundation](http://CaptainPaulWatsonFoundation.com) — [If the Oceans Die, We Die!](http://IftheOceansDieWeDie.com)

## A Hen's Relationship with Her Eggs



Photo: Alison Burrell / Pexels

During my time working around chickens, there were a number of experiences that changed my perspective on eggs and opened my heart to the hens that laid them. The first started with making a homemade “farm fresh” omelet out of eggs a friend had collected.

**By Alisa Rutherford-Fortunati, June 29, 2012**

Chickens, like all animals, have a language unique to their species. Each sequence of sounds that they chirp, cluck and crow have a social, emotional or personal meaning. And if you spend enough time around these feathered friends you'll begin, as I did, to hear the stories they are telling.

The rooster's trumpeting call summoning his hens to dinner,  
The rapid peeps of chicks as they search for their mother,  
The oscillating clucks of a hen as she gives birth to an egg...

Of all the chicken calls I learned during the year I spent volunteering on different organic farms; it was the hen's egg-laying song that shocked me the most. Somehow, I had thought it would be a quiet process, that the hens would sneak away to their favorite hiding spot and peacefully begin their nest.

While hens do try to find solitude, as the laying process begins, they also start to emit an unmistakable pattern of rapid and rolling clucks accentuated by a noticeably louder “Bwak!” at the end of each sequence. They sing this song with such intensity, wide-eyed and agitated, until the egg has finally been pushed out. It is enough to make anyone grateful that they weren't born an egg-laying hen. Although today's egg-laying hens are the descendants of the Red Jungle Fowl (*Gallus gallus*) which laid around 60 small eggs a year, most modern domestic hens have been bred to lay over 300 large eggs a year. If free to behave “naturally,” most chickens will lay the number of eggs they desire for a proper nest and then stop producing more eggs until her chicks are old enough to fend for themselves. The time before her eggs hatch, while she sits on her nest warming and protecting her eggs, is called the “brooding” stage. If a chicken's eggs are removed on a regular basis, she will continue to lay, in a futile attempt to follow her instincts and form a proper brood. In fact, a chicken's nesting instincts are so strong that they will continue to try to build a brood whether there is a rooster present to fertilize their eggs. \*

*\* It is believed that chickens cannot tell which eggs have been successfully fertilized. By now my empathy for these little feathered females must be evident, but regrettably it was not always so present. During my time working around chickens, there were a number of experiences that changed my perspective on eggs and opened my heart to the hens that laid them.*





The first started with making a homemade “[farm fresh](#)” omelet out of eggs a friend had collected. I cracked open a couple of eggs with no problem. But on the third, instead of a yolk and egg whites, a small, partially formed chick flowed into the skillet. My stomach lurched into my throat. Somehow seeing the beginning of a body in one of the eggs I was about to eat seemed so different to me than simply ingesting an unfertilized ovum. Suddenly eggs were no longer something you simply picked up at the grocery store. Instead I saw them as the beginning of a chicken.

The second experience that changed my perspective was the day I was faced with taking eggs from directly under a nesting hen. On this particular morning I was helping trim back some lavender on a farm I was volunteering at. My host and I were well into chopping back the lavender when we suddenly heard an agitated clucking below us. As we moved back one of the bushes we discovered a large black hen who had started a nest. She was attempting to shield her brood from the intruders hovering above her, but this hen was not a rescue. She had been brought onto the farm to [produce](#)

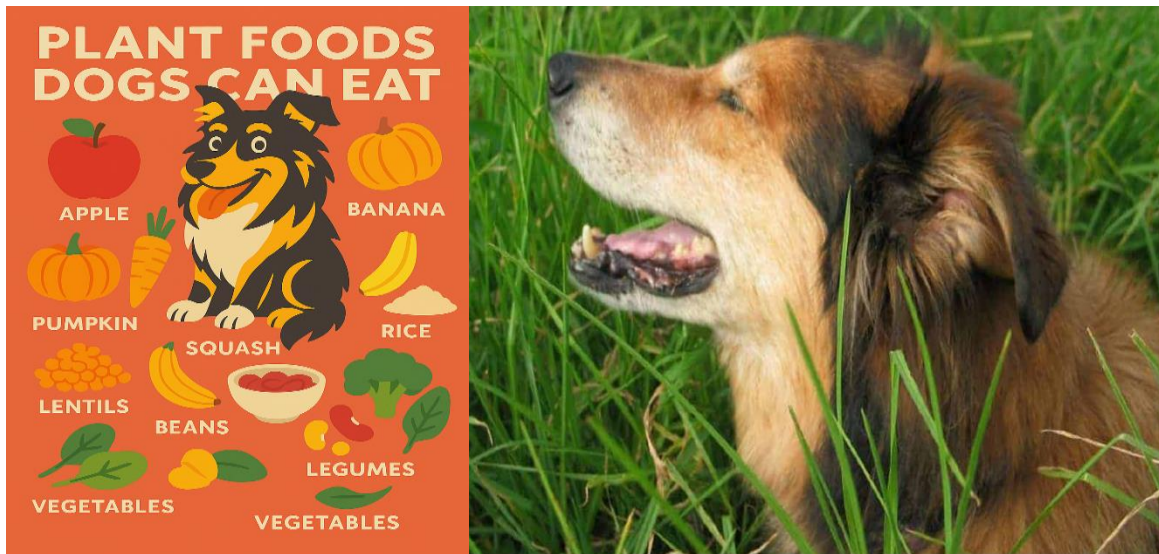
[eggs](#), and even though she had been clever enough to attempt a nest away from the chicken cage, her eggs were not considered her own. How we got her to move off her nest is a bit foggy in my memory, but I distracted her while my partner in crime quickly picked her up. And then I snatched her eggs out from under her. I quickly placed the eggs in the fridge for the farm staff to take home, as we didn’t think she had been sitting on the nest long enough for chicks to form. When I went back outside I found the black hen frantically weaving in and out of the lavender, calling to her fellow chickens, some of whom ran over to her aid as she continued searching for her missing eggs. I tried to push my guilt aside and continue on my day. But when we returned for lunch, hours later, she was still there moving slowly in and out of the lavender and muttering to herself as she searched in vain.

I voiced my guilt to my host, and we debated about whether we should put the eggs back. Finally it was decided it was too late, the eggs had been cold too long and we had to let it be. Each egg laid had in some way drained her body of calcium and other essential nutrients\*, unnecessarily shortening her life to feed humans. And now, no matter how long her small sad eyes searched, all her work was lost. \*Some chickens (if they have not been de-beaked) will eat their own unfertilized eggs if the egg is broken, if they are under stress, to replenish nutrients lost from laying (if they are lacking nutrients), or if there is not enough nest space.

### **What is an egg to a chicken?**

Every chicken, like every person, is different. Some are absentminded, nesting in the middle of the yard. Others are aggressive and secretive, attempting to peck at the heels of any passersby. And still others are like the lavender mother hen, bonding to each egg they lay. No matter the personality, no matter where or how the egg is laid, no matter if it is fertilized or not, each egg is the beginning of a chicken. And with each minute that I watched that large black hen search and call, hours after her nest had been robbed, I knew that no matter how we defined her relationship to her eggs, they were not ours to take...

# ***One Hundred Dogs on a Vegan Diet***



***BY Gentle World  
November 21, 2013***

*By genus, dogs are classified as carnivorous, but metabolically, they are actually omnivorous. This means that their nutritional requirements can be adequately met with a plant-based diet.*

Many people are surprised to learn that dogs can be vibrantly healthy on a plant-based diet. Not only this, but their physical condition can actually improve, just like people, as a result of eliminating animal foods. This is a wonderful thing for those of us who embrace the vegan way of life and also share our lives with canine companions.

Skeptical? Consider this story from CNN, where six veterinarians agreed that the nutritional requirements of dogs can be adequately met with a vegan diet. Veterinarian Kathryn E. Michel is an associate professor of nutrition at the University of Pennsylvania's School of Veterinary Medicine, and confirms:

"The important thing is that you use a diet that has been shown to be nutritionally adequate for whatever stage of life you're feeding, and it is absolutely possible to find a good quality commercial pet food that doesn't have animal products in it."

By genus, dogs are classified as carnivorous, but metabolically, they are actually omnivorous. This means that their nutritional requirements can be adequately met with a plant-based diet – as they can source or synthesize all the nutrients they require from plant foods with supplementation.



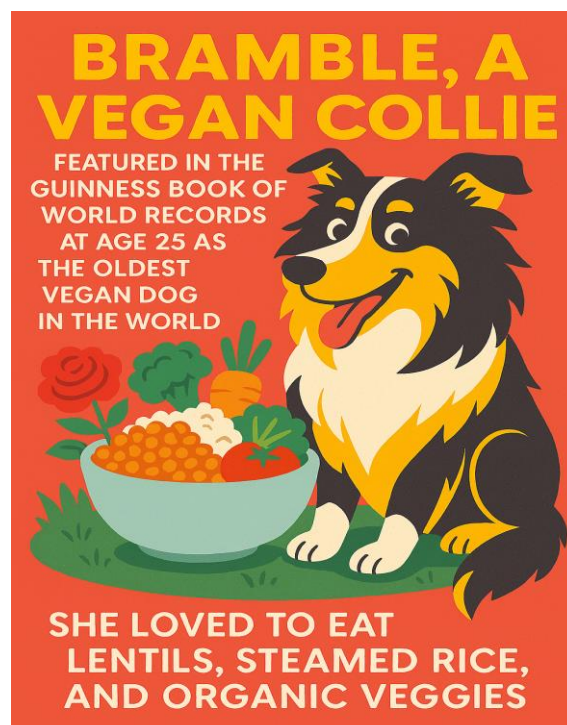
Butterflies Katz has put together a collection of plant-strong pups from all over the world: Malaysia, India, Italy, Australia, the United States and the United Kingdom. Yes, vegan dogs are taking over the world!



**Dawn** – is the canine friend of a vegan veterinarian; *Michael Roth*, who continues "She was born May 8, 2002, and has been eating a vegan diet from age 7 weeks. She eats **V-dog, (USA product)** and takes no supplements. She runs circles around her mother and two brothers when they visit."

This extensive list includes long-lived canines such as 25-year-old Bramble (the world's longest-living dog at the time) and 20-year-old Floyd (who was a vegan dog in the late seventies), Rapchik from India, who cured her heart disease and arthritis with a vegan diet, Fonzie who "will totally jump up the table to steal apples" and Tia who loves to chew broccoli stalks or raw kale as a snack.

For those who are curious about transitioning their canine companion to an animal-free diet, [this blog post](#) is also an excellent resource for information about what a responsible vegan regimen for a dog entails.



# Bramble, 25 year old Guinness Record Vegan Collie

## V-Dog Interview With Anne Heritage

First, how did you get started down this path of a 100% plant-based diet for Bramble?

Yes, it is great to speak with you! I went vegan after receiving leaflets about the horrors of the dairy industry. I began to research plant-based nutrition for myself and for my first rescue dog Floyd. I read books like [Diet for a Small Planet](#). I learned that all food can be broken down into chemical components. I ultimately found that my dogs could not only live on a 100% vegan diet but really thrive on this type of food.

Exactly how old did Bramble live to?

Bramble lived to just over twenty-five.

How old did Bramble's dog friends live?

The average age of a Collie is 14. I've had seven dogs – three of them lived to 19-years-old, one lived to 20-years-old, and then Bramble lived to 25-years-old.

Did all of those dogs eat a vegan diet?

Yes, they did.

What did Bramble mainly eat? What was her favorite food?

Bramble's diet was made from 100% vegan ingredients. Her diet consisted mainly of lentils, different types of vegetables and rice. This type of meal is nutritious, I would cook up a base of organic brown rice, red split lentils, vegetables, and some additional ingredients like herbs etc. Her favorite food was...everything! She loved mealtime.

How could you tell she loved her vegan food?

She was like a little bulldozer. At feeding time, she would run at the food and stuff it all down. All of my seven dogs loved mealtime, but Bramble was always extra keen on her meals.

In feeding your dogs a vegan diet, what did you see as the main benefit?

I was really able to enjoy my dogs much longer – we were able to enjoy each other – due to their plant-based diet. I believe you can extend your dog's years given the right care plan and food. Bramble got a lot of exercise, and we tried to reduce stress on her for improved health. Feeding the dogs vegan also reduces the environmental strain a flesh-based diet imposes on the planet. And of course, no animals need to be abused and killed through agribusiness.

Are there any additional reasons, besides ethics and health, that you choose a vegan diet for yourself and your dogs?

Plain and simple, our desire to feed ourselves and our dogs' flesh foods is destroying the planet. It has really become catastrophic, and we need change. A plant-based diet for dogs saves a ton of valuable resources like water and land as compared to a meat-based diet. (See [Cowspiracy](#))

Is there a story you can cite about how you could tell Bramble was thriving throughout her life?



Bramble was always very active – this was something I made sure was a part of all of my dogs' lives. Up until she passed away, she loved to walk and swim. She walked over two hours daily. All of this activity really built up her muscles and endurance. Bramble's vet also said she had the best teeth she has ever seen. Her teeth were white and strong.

What is your reaction when people say, "vegan dogs don't thrive?"

I'd ask, "What research have you based this on?" My dogs absolutely thrived on a vegan diet and Bramble's story of longevity is now very well-known.

What would you say to people who insist on feeding their dog meat?

Just because someone is feeding their dog's flesh, they tend to think there is some magical ingredient in this flesh that is keeping their dog healthy. Dogs need protein, but protein is not exclusively found in meat. It is made from amino acids and plants provide plenty of these building blocks and nutrients for dogs.

Additionally, the only reason their dog is getting these amino acids is because the animal that they are feeding to their dog (the cow, chicken, etc.) eat plants. Most animals killed and used for meat-based dog food are fed antibiotics and medications throughout their life. This all ends up meat-based dog foods. Much of the meat in the dog food industry is deemed unfit for human consumption. They use the meat that is diseased and sitting around. These animals are also stressed before they are slaughtered, so the stressful hormones end up in the flesh that your dog eats. Want to learn more about Bramble and her story? Check out Anne's Book: [Bramble; The Dog Who Wanted to Live Forever.](#)



## FOUR VEGAN KITTY FOOD COMPANIES.

**Wysong's Vegan™** cat food utilizes plant-based protein sources, such as brown rice, soybeans, and potato protein, along with seeds like flaxseeds and peas. The formula is designed to incorporate prebiotics, probiotics, enzymes, omega-3s, and antioxidants.

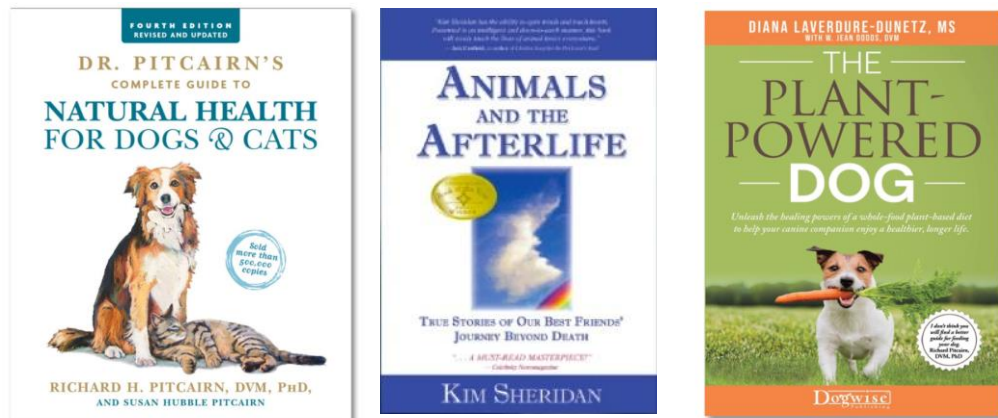
### **Evolution (Canned Food Suitable for Cats & Dogs)**

Provides support to the immune system, skin, & coat.  
Zero artificial chemicals and zero preservatives.

**Benevo Vegan Cat Food** is a good choice for cats who need a little extra digestive help, and it is packed with dietary fiber. This recipe contains ingredients such as soy, maize, rice, and beet pulp, all of which are non-GMO

**AMI Cat Food** main ingredients are corn gluten, corn, corn oil, and peas – cats love the taste.

**Superfoods for Cats ...** Cats can eat **wheatgrass**: It offers health benefits such as aiding digestion, helping with hairball management, and providing vitamins like A, C, and E. Moderation is always wise—too much can cause stomach upset. **Catnip**: Helps reduce anxiety, stress, stomach pain, and bloating in cats. The Superfood "[Green Mush](#)" is appropriate for cats. Green Mush is not a supplement. Mother Nature herself "manufactures this product. The nutrients are exactly as they occur in whole plant foods, fully recognizable by the body, and easily assimilated.



### The Golden Rule “Live & Let Live, Free From Harm”



Beloved Baby Jesus (Yeshua/Sananda) Surrounded By Gentle Creatures. Noah's Ark of the Covenant Saved Diverse Animal Species. Mahatma Gandhi's Gentle Reminder to Treat All Beings with Dignity & Respect. The Dead Sea Scrolls & Gospel of the Essenes Disclose that Jesus, Mary and Joseph followed the precepts of the Essene Tradition based in Ahimsa, Love & Kindness meaning a Pure Vegetarian Lifestyle, Personal Hygiene & Honoring God, All Life as Precious. Pure Foods support a pure blood stream; a pure blood stream supports pure thoughts. Pure Thoughts support Noble Actions... Not Killing Causing Harm or Injury Ahimsa is a Universal Principle in Faith Traditions.

The Precepts of Zoroastrians the Sect of the Three Wise Men are the same. Right Conduct, Right Thinking, Peace & Non Violence. Beloved Dr. Martin Luther King, Jr's Wife Coretta Scott King and Son, Dexter Scott King advocated for Freedom & Justice for all and they were both vegans. As was Dick Gregory one of Dr. Martin Luther King's confidants and dear friends. President Abraham Lincoln stepped up to Ban Slavery, in this epoch we are blessed with high tech tools that can assist us to do right by the creatures who share this planet.

The United Nations urged every Nation to prioritize Plant Resources to aid humanity in lessening our carbon footprint, restore human health, repair diverse eco systems, prevent erosion, floods and fires. There are numerous benefits for personal wellbeing and planetary peace, health, freedom and prosperity. We are at a crossroad to make wise, loving decisions. Growing community gardens, hydroponic gardens and supporting local seed banks, botanical gardens and peace trees can help spread joy, beauty, peace and abundance.



# VOICES FOR COMPASSION

Animals are Not Slaves They Are Sentient Like People Created By God With a Soul, Feelings & Divine Intelligence  
other choices available that are wholesome.



In 1944, Sir Donald Watson coined the phrase v-e-g-a-n for ethical, moral and environmental reasons. Our food, medicine and clothing choices can make a big impact on our own health and the wellbeing of our planet's trees, forests, coral reefs, fresh air and clean water. We truly are all connected.

## Voices for Freedom, Justice & Compassion

The wife and son of Dr. Martin Luther King Jr. one of the greatest world leaders for justice, freedom and unity, Coretta Scott King and Dexter King were vegans. "One day the absurdity of the almost universal human belief in the slavery of other animals will be palpable. We shall then have discovered our souls and become worthy of sharing this planet with them." -Reverend Dr. Martin Luther King

## Beatles Singer, Paul McCartney

Linda and Paul McCartney stated, "If Animal Factory Farms Had Glass Walls, Everyone Would Be Vegetarian." Animals are feeling, sentient beings who can experience joy and sorrow just like humans. Dolphins, whales, octopus and other creatures of the sea also raise families. Lobster mate for life. All Creatures innately seek peace.

## Mahatma Ghandi

Mahatma Gandhi famously said, "The greatness of a nation can be judged by the way its animals are treated." This quote emphasizes the importance of a society's compassion and ethical treatment of non-human inhabitants.

## Zorra of Hollow Earth

*If surface realms were to go vegan, the entire planet could turn into a thriving Heavenly, Paradise.*

## Dr. Neal Barnard, MD founder Physicians Committee for Responsible Medicine

*The beef industry has contributed to more American deaths than all the wars of this century, all natural disasters, and all automobile accidents combined.*

## Genesis 1:29 Because the Bible Tells Me So...

Providence Provided Everything for All Kingdoms to Thrive Harmoniously & In Abundance

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." - Genesis 1:29

Luke, the Painting Elephant from [Two Tails Ranch](#) Loves to Eat Strawberries, His Siblings love Toast, Strawberries & Carrots. Elephants are known for their intelligence, strength, kindness, and loyalty. Some of the strongest creatures are vegetarians including elephants, horses and cows. They all lovingly care for their young. All creatures innately seek peace.

[Two Tails Ranch](#) is a loving animal sanctuary, and Patricia Zerbini the founder is a 9<sup>th</sup> Generation Exotic Animal & Elephant Rescuer.

Our Mission *"To provide for, learn and teach all about elephants, past, present and future. Our goal is to instill awareness through educational programs on site for schools and professionals in north central Florida."*

For more information, visit [Two Tails Ranch | All About Elephants Williston, Florida near Gainesville | Asian and African Elephants](#)



Compassion Circle founded by Kim Sheridan is a unique outreach to aid fellow creatures who share the planet with us. Kim also created a superfood supplement called Green Mush and urges pet owners to lovingly provide their pets with clean, organic plant meals for a healthy heart and to help spread peace and joy around the globe.

**"Give Peace a Chance"** Song By John Lennon & Yoko Ono

One way to get on board the Peace Movement is via compassion based foods and products. [PETA People for the Ethical Treatment of Animals](#) provide wonderful resources such as vegan food lists, eco-clothing, cruelty-free soaps, eco-laundry detergents, cruelty-free beauty products, plant medicines & cruelty-free make-up.



Visit [PETA](#) to Find Out How You Can Protect Animals & Find Cruelty Free Food Lists, Make-Ups, Soaps, Laundry Soaps, Dish Detergents, Beauty Products, Clothing and So much more ...



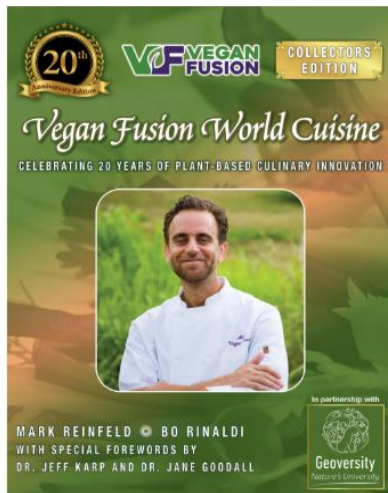
## HEALING THE WORLD'S WATER



“By holding the intention of peace towards water, by thinking, speaking and acting with the intention of peace towards water, water can and will bring peace, to our bodies and to the world.” **Water, We Love You. Water, We Thank You. Water, We Are Sorry. Water, Please Forgive Us. Repeat 3x ~ Masaru Emoto**

## VEGAN FUSION

Vegan Fusion Chef, Mark Reinfeld shares recipe books, classes and certifications.



Our mission is to support and empower plant-based chefs in their pursuit of culinary excellence and career advancement through education, collaboration, mentorship and community-building. We aim to elevate the status of vegan cuisine and contribute to a more sustainable and compassionate food system.

**CSAs provide fresh local produce, fruits & vegetables to your door & nearby centers.**



# Self-Care is Health Care

## Sandy Pukel & Incredible Presenters

### Founder Holistic Holiday at Sea



*This 'Voyage to Well-Being' is the culmination of my dream to provide people with a positive, life-changing experience while having the vacation of a lifetime*

Sandy Pukel, Founder



#### Past Presenters



Michael Greger, MD  
Founder, NutritionFacts.org



Neal Barnard, MD  
President, PCRM



Dr. Caldwell Esselstyn  
Author, Prevent and Reverse Heart Disease



Joel Fuhrman, MD  
Board-Certified, Plant-Based Advocate



Dr. T. Colin Campbell  
Author, The China Study



Michael A. Klaper, MD  
Physician, Speaker, Educator



Columbus Batiste, MD  
Interventional & Lifestyle Cardiologist



Scott Stoll, MD  
Plant-based Physician & Author



Chris Wark  
Author & Cancer Survivor



Dean Sherzai, MD  
Brain Health Doctor



Ayesha Sherzai, MD  
Brain Health Doctor



Ocean Robbins  
Co-founder & CEO of the Food Revolution Network

For more information about Presenters who are Mentors helping build a better world for all by empowering self-responsibility, self-care and self-nurturing in a manner that supports a healthy planet and peaceful, loving society visit [Presenters and Lecturers | Holistic Holiday at Sea](#)

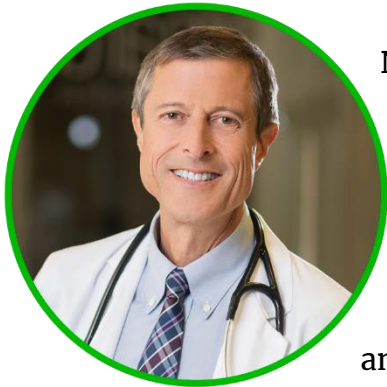


Peace Puppy

*“Let’s Have Fun with Golden Rule Recipes “Live & Let Live Free from Harm”  
Dogs can enjoy blue berries, apples, bananas, lentils, rice, and organic veggies.  
Dried Sweet Potato Makes a Great Chewy Treat.*



Dr. Neal Barnard, MD  
Founder, Physicians Committee for Responsible Medicine  
[Bio from Holistic Holiday at Sea Cruise](#)



**Neal Barnard, MD, FACC**, is an adjunct associate professor of medicine at the George Washington University School of Medicine in Washington, DC, and president of the Physicians Committee for Responsible Medicine.

Dr. Barnard has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain, including a groundbreaking study of dietary interventions in type 2 diabetes, funded by the National Institutes of Health, that paved the way for viewing type 2 diabetes as a potentially reversible condition for many patients. Dr. Barnard has authored more than 90 scientific publications and 20 books for medical and lay readers. He is the editor in chief of the *Nutrition Guide for Clinicians*, a textbook made available to all US medical students.

As president of the Physicians Committee, Dr. Barnard leads programs advocating for preventive medicine, good nutrition, and higher ethical standards in research. His research contributed to the acceptance of plant-based diets in the *Dietary Guidelines for Americans*. In 2015, he was named a fellow of the American College of Cardiology. In 2016, he founded the Barnard Medical Center in Washington, DC, as a model for making nutrition a routine part of all medical care.

Working with the Medical Society of the District of Columbia and the American Medical Association, Dr. Barnard has authored key resolutions, now part of AMA policy, calling for a new focus on prevention and nutrition in federal policies and in medical practice. In 2018, he received the Medical Society of the District of Columbia's Distinguished Service Award. He has hosted four PBS television programs on nutrition and health.

Originally from Fargo, North Dakota, Dr. Barnard received his medical degree at the George Washington University School of Medicine and completed his residency at the same institution. He practiced at St. Vincent's Hospital in New York before returning to Washington to found the Physicians Committee for Responsible Medicine.



The (4) Main Food Groups Recommended By Doctors for Responsible Medicine Are: Fruits, Vegetables, Whole Grains and Legumes. The positive benefits of supporting medically proven Dietary Guidelines for America Dietary Guidelines would protect our nation and youth from being susceptible to preventable costly ailments from Heart Disease to Numerous Types of Cancers.



*God's Designs are filled with Splendor, Uniqueness, and Endless Abundance, There truly is no end to Love... 1 Seed can create an entire food forest.*

*The 13<sup>th</sup> Amendment put an end to Slavery. Yet animals when used for industry practices also became slaves.*

*Children and domesticated animals depend upon their care providers to watch over and protect them.*

*The Golden Rule "Live and Let Live Free from Harm" and Genesis 1:29 Present Wonderful Pathways to Honor God and Trust in Providence that All Truly is Provided for Us to Thrive in Joy, Beauty & Abundance.*

*Joy to the World & Peace on Earth Can Spread Quickly. Happiness is Universal Joy, Beauty & Abundance.*

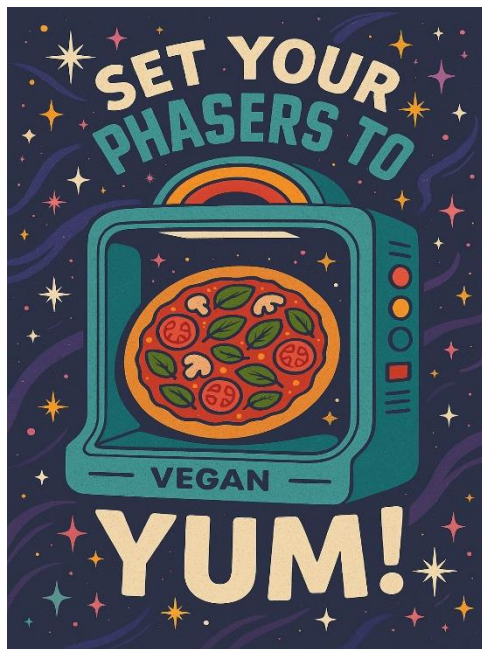


## BRIGHT FUTURE



Inventors Have Already Perfected High Vibe Nutrition via Hydroponic Gardening, Replicator Technology, Safe Teleportation Methods, 3D Printers for Homes & Material Goods, Celestial Healing Chambers and So Much More. Set Your Phasers to YUM 😊

Pathogens & Viruses Can Safely Be Eradicated With Remote Scalar Light Programs that Only Require a Photograph to Administer Scalar Programs and are People Safe, Animal Safe & Plant Safe. For information about the benefits of Scalar Light visit [www.FreeScalar.Net](http://www.FreeScalar.Net)



Space Force, Military Personnel and Area 51 Can Aid in Helping Repair Human Health, Safety and The Natural Environment. Mike Emery, Professor John Roy Searl, Judy Bebe, Stanley Myers, Ron The Inventor and Mehran Keshe are Famous Genius Inventors who have Hearts of Gold. Their inventions can help guarantee food security, safe fun transportation, eco dwellings, and medical cures can reach humanity safely and widely. Born human we are endowed with endless creativity and endless imagination. Stars are reminders there is no end to Love. The Golden Rule “Live and Let Live Free from Harm” is a great guideline when in doubt, Draw Upon the Infinite Bounty of Heaven and Choose Love & Kindness. God’s Grace is Lovingly Available for All Creatures and All of Nature..

We Are Truly Blessed. For More Information About Mentors, Inventors And Galactic Ambassadors Such As Princess Sharula Dux, Visit [www.EpicLife.Fun](http://www.EpicLife.Fun)




**Pure Source Love Is Eternal  
None Of Us Are Ever Truly Alone We Truly Are All One  
I Am A Living Miracle, All Life Is Thank You!**










# Footprints




One night I dreamed I was walking along the beach with the Lord. Many scenes from my life flashed across the sky.





In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, other times there was one only.




This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow or defeat, I could see only one set of footprints.



So I said to the Lord, "You promised me that if I followed you, you would walk with me always. But I noticed that during the most trying periods of my life there has only been one set of footprints in the sand. Why, when I needed you most, you have not been there for me?"



The Lord replied, "The times when you have seen only one set of footprints is when I carried you."



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## Purification Technique

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Northern Hemisphere



Image on the Left shows hand placement for those in the Northern Hemisphere. (above the equator)

Southern Hemisphere



Image on the Right shows hand placement for those in the Southern Hemisphere. (below the equator)

### HOW TO DO THE PURIFICATION TECHNIQUE

Directions: Taste your water or fruit (any food) first before beginning. Then rub your palms together for 3-4 seconds and place in the position above for 1-2 min. Then re-taste the glass of water or food. If done properly, you will taste a subtle difference.

Result of this purification technique: You change the molecular structure of the water or whatever food it is. This is your god power at work removing toxins, chemicals or any impurity. Now the food or water tastes smoother, cooler, fresher or in the case of fruit, it will taste sweeter. You will taste the difference. If you don't taste a difference, you just need a little more practice is all.

For food, this is a wonderful technique to teach children, family, friends or with waiters or waitresses when you go out to eat. Let them do the technique in front of you and they will be amazed.

Additionally, you can use this for healing people but you can also, just rub your hands together and place your hands on either side of the affected area and say, 5-4-3-2-1, RECEIVE, and the recipient should say, 5-4-3-2-1, I receive and from the god/goddess of my being, I am completely healed of \_\_\_\_ and I know it. You can keep your hands on the area for a 2 minutes or even more and repeat the process.

Inform them of the god/goddess power they have. We are all healers!

The above technique provided by [Zorra of Hollow Earth](#) can be applied to water, drinks and food items as well as used to prevent chronic pain and ailments. There are advanced civilizations who are concerned about humanity and willing to help. Hollow Earth is a thriving realm where all peoples and animals honor one another. Shamballa truly exists in Hollow Earth located 800 miles below the Earth's surface. [Telosians](#) are another thriving society where the inhabitants choose to evolve peacefully with other subterranean cities. What these advanced societies have in common is compassion, unconditional love and kindness as the foundation for their existence. They Honor God, All Life as Sacred. They do have advanced technologies such as teleportation and replicators, and they do welcome the surface to also thrive in peace, beauty and love.



## Healing with Solfeggio Tones

### Free Frequencies For Download



1. Anaesthetic-174Hz

[Download >](#)



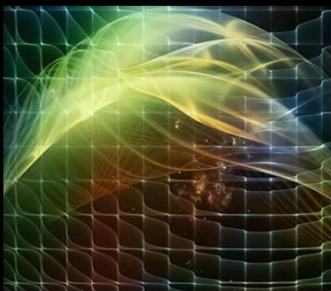
2. Restructure Organs 285Hz

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3. Mental Cleansing 396Hz

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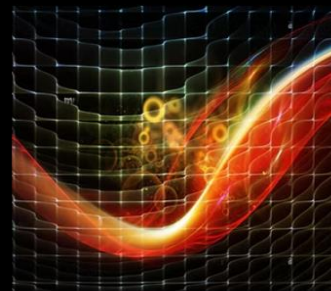
4. Facilitating Change 417Hz

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5. DNA Repair 528Hz

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6. Mental-Balance-639Hz

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7. Detoxing-Cells-741Hz



8. Awaken-Intuition-852Hz



9. Higher-Self-963Hz

Nature & Science Concur Miracle Love Tones Can Heal, Uplift, Balance and Energize our Body, Mind & Spirit as All Interconnected.

[Frequencies | Ron the Inventor](#)



# LOVING INTERACTIONS

WITH A  
NEWBORN



1. EYE GAZE

2. HOLD THEM  
NEXT TO OUR HEARTS



3. SING & HUM TO THEM

4. SHOWER THEM  
WITH HUGS & KISSES



6. PROVIDE A LOVING HOME

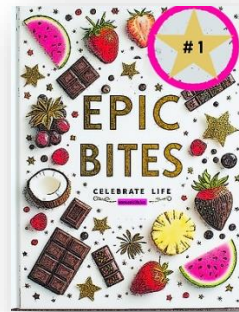
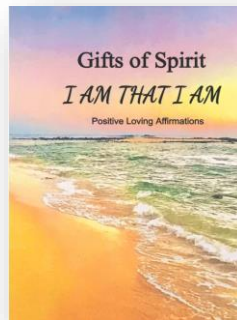


6. CREATE SAFE, UPLIFTING, FUN  
ENVIRONMENTS

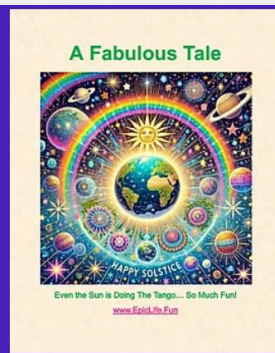
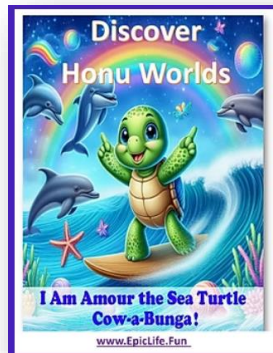
REMINDER: FOSTERING  
THESE PRACTICES PROMOTE  
HEALTHY, LOVING RELATIONS

DON'T FORGET  
VITAMIN H & K  
(HUGS & KISSES)

## Holistic Wellness Guides



## Catch the Fun!

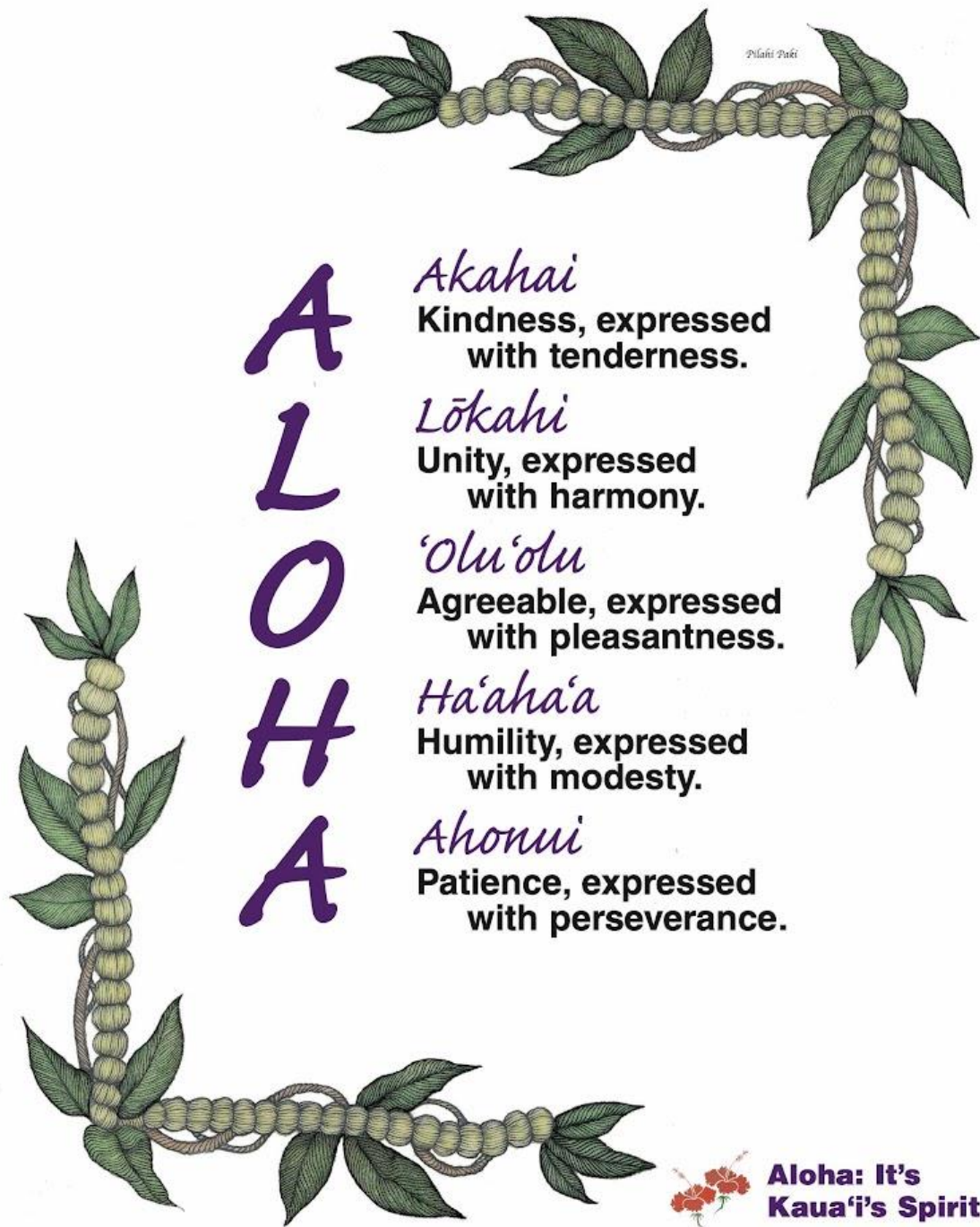


## YouTube Playlist



[www.EpicLife.Fun](http://www.EpicLife.Fun)





“Every ending in reality is a new beginning. May this chapter of our lives be filled  
With endless prosperity, miraculousness and pure euphoria.”