



tastelife™

living food fundamentals

Join us Monday evenings at Beverly's Pantry

1907 West 103rd Street, Chicago 60643

Call or email today with a credit card to reserve your space.

Switch today from PHARMACOPIA TO CORNUCOPIA:

- Master the art of a 5-minute smoothie that contains all the fruits and greens you'll need for a day's nutrition.
- Obese people are actually starving and we have a solution.
- Learn to make raw desserts that even diabetics can enjoy.
- Prepare foods that detoxify the liver while you eat: the true antidote to depression, bad skin, and aching joints.
- Master simple, fast, nutritious & delicious meals and snacks that can reduce the inflammation of fibromyalgia & RA.

The Living Food rethink can be overwhelming if you don't know the tricks of the trade. **tastelife™** - all the tricks we wish we'd had 2 years ago when we made the switch to 100% raw vegan and saved our own lives



\$60 buys you a 2.5-hour class, lots of samples, and a booklet full of recipes & invaluable info.



Space is limited! Call the duggansisters today.

773.341.4246

www.duggansisters.com