

# Health Transformation Workshop

Mountain House, CA  
July 20th - 25th  
and August 10th - 16th

*a week for a massive health upgrade!*



Michael has been growing wheatgrass and sprouting since 1990. He started working as the greenhouse manager of the Optimum Health Institute in CA and built their 'state-of-the-art' greenhouse in 1995. In 2001, he became the manager of the Hippocrates Health Institute greenhouse in south FL. Eight years with OHI in CA growing for 180 guests each week and ten years with HHI in FL growing for 80 guests each week. He knows GRASS and he knows the keys to the body healing itself of any disease. For more information about Michael, please visit his website at: <http://wheatgrassgreenhouse.com/>

## **Complete Health Transformation** **What is simple is true.**

Are you ready for weight loss, toned body, age reversal, clean blood lymph, and organs, loss of inflammation, cutting edge health information from two leaders with 25 years each in the health, cleansing and longevity field?

Topics to be discussed:

Real nutrition: Mainstream "proper nutrition" has it all wrong which is why as a society the health challenges get larger by the year. Example: The "food pyramid" is actually upside down!

Cleansing: Cleansing made simple. We will show you how to massively cleanse your body inside and out. You will receive cutting edge cleansing information!

High enzyme nutrition: The importance of sprouting and how to easily do it in your kitchen. This alone can be transformational!

Natural Hygiene: Why it is so important. Food is only a fraction of our health care regimen. We are poisoning ourselves with home/body care products. Find out how to make your own home/body care products for pennies on the dollar to create healthy, higher quality products.

Growing your own food: This is much easier than you think! We are here to help make things simple. This could mean spending as little as five minutes a day or you can choose to grow all your own food in a small backyard space. Even if you are renting! This is one of the most important things we can do for our health for more reasons than nutrition. The reasons might really surprise you!

Simple free things that we can incorporate in our daily regimen that will instantly create upgrades in our health. Most of these won't take any extra time, only simple shifts that are painless and enjoyable.

## **\$695 for the Week!**

For payment info go to:

<http://tinyurl.com/healthtransformation>

**Bring a friend and you will each receive a  
\$50 discount!**

***Intro on Sunday at 5-8 introduction and meet and greet  
Monday through Friday 8:30am to 3:30pm***

***Limited room; RSVP and 50% down payment by July  
13th and August 3rd***



Debbie Kleven has been producing superfoods for 21 years. She has been researching health, wellness and longevity for almost 30 years. She is up to date on the latest health, longevity, cleansing, natural hygiene, and sustainability information.

**RSVP: [debbie@foodsforlongevity.com](mailto:debbie@foodsforlongevity.com)**