



*Empower Yourself 4 Health*

Holistic Health Coach

**“Let food be thy medicine, & medicine be thy food”**

**Laurie Zacco, graduate of Institute of Integrative Nutrition**  
**Theresa Pierce, Certified Raw Food Educator**

-Hippocrates

Welcome to our FIRST Newsletter. We are very excited on this journey that we are embarking on. We are Laurie and Theresa and we have begun our new venture called EMPOWER YOURSELF 4 HEALTH. We are ready, willing and able to EMPOWER you on YOUR quest for health, better sleep, happy relationships and a greater spiritual connection. Laurie, a Certified Holistic Health Coach, is graduating from the Institute of Integrative



Nutrition in a few short weeks. She is a lifelong studier of health/wellness. And I, Theresa, a Certified Raw Foods Educator, am excited to be embarking on a new endeavor of training people how to prepare healthy, living food for you

and your family.

We have our first food preparation demonstration and presentation at the EATING IN THE RAW meeting this month. It will be held on June 10<sup>th</sup>, at Seabreeze Recreation Center, from 1-3PM, Villages ID required. We hope that you will be able to join us. We will be demonstrating how to prepare your own, FRESH, unadulterated almond “mylk”. We will then be taking some of that Almond mylk (after you get some samples of the mylk alone) and make some fresh, warm (gently warmed in the Vitamix blender, to preserve all of the enzymes and phytonutrients) “Creem” of Mushroom Soup. We want to teach you the how and the why YOU should add more raw, living foods to your diet. You will learn the potential health benefits for you and those you love. We have experienced firsthand the payoffs to our health, our weight, our mental state of being and our appreciation of the world around us. So, please clear your calendar for Tuesday, June 10<sup>th</sup>, and take that first big step to become a healthier YOU!!!! It’s not as hard as you think!!

More Upcoming events:

WHAT: RAW TACO DEMO

WHEN: June 21<sup>st</sup> 12-2PM, 2014

WHERE: 17977 SE 83<sup>RD</sup> Rawcliffe Court,  
Village of Piedmont

COST: \$30.00 per person,

\*Lunch included

\*\*CLASS LIMITED TO 10 PEOPLE, SIGN UP EARLY



Future upcoming classes will feature desserts, like Healthy RAW Ice “CREEM”! & Walnut Date Bars!! Sign up to receive our monthly newsletter on our website @

[www.EmpowerYourself4Health.com](http://www.EmpowerYourself4Health.com), so that you will not miss the date! Future classes will include Soups and Dressings, Raw Onion Bread and Flax Crackers, “Pasta” with Marinara Sauce. Eating a living foods diet does not have to be one of deprivation. As we transition to a raw or high raw diet, we can stay on the “right” path and still enjoy our food.

[www.empoweryourself4health.com](http://www.empoweryourself4health.com)