



Living Light International



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Eco-Friendly
Businesses

Making
Healthy
Living
Delicious™

Living Light Culinary Arts Institute
Premier World-Renowned Culinary Institute
Classes in Gourmet Raw Vegan Cuisine

Living Light Café
Fresh, Organic Cuisine: Gourmet, Raw, Vegan
Juices, Smoothies, Salads,
Soups, Entrées, Desserts

Living Light Marketplace
Blenders, Juicers, Dehydrators
Eco-Friendly Housewares
Organic Vegan Body Care and Supplements
Gifts for Chefs
Books and DVDs

Living Light Inn
Historic 1912 Redwood Craftsman-Style Inn
Eco-Friendly
Picturesque Gardens
Organic Bedding
Ocean and Garden Views

Living Light Chef Showcase Streaming Live August 27-29, 2010
A Virtual Taste of Gourmet Raw Vegan Cuisine!

Why Raw Foods?

Everyone knows it is healthy to eat fresh, uncooked fruits and vegetables every day. A diet that includes whole, ripe, raw organic fruits and vegetables, and sprouted nuts, seeds, and grains can greatly contribute to achieving optimum health.

Organically grown raw and living foods provide high-quality nutrition while naturally supporting both proper digestion and a well-functioning immune system. Eating these life-giving foods helps to alkalize the body, a key factor in building excellent health. When the body is in an alkaline state, it is better able both to absorb nutrients and to expel toxins more efficiently. The SAD (Standard American Diet) of meat, bread, dairy products, processed/cooked foods, caffeine, and alcohol creates an acidic state in the body, which contributes to a variety of health problems.

Another important key to excellent health is excellent digestion. The human body requires enzymes to digest food. Each whole, raw food contains naturally occurring enzymes designed to help break down that particular food.

Sprouted (germinated) nuts, seeds, and grains are living foods. When nuts, seeds, or grains are soaked, enzyme inhibitors are removed and germination can occur. Germinated foods are easier to digest because the availability of enzymes is increased, enhancing the life force and vitality in the food and making all of the nutrients readily available and easier to assimilate.

Whole raw foods are also rich in phytonutrients and antioxidants. Research suggests that phytonutrients may help reduce the risk of heart disease, stroke, certain cancers, and type 2 diabetes. Phytonutrients may also help slow the aging process and enhance eyesight and brain function. Other important keys to health are pure water, sleep, rest, exercise, laughter, and love!

At Living Light we are dedicated to providing you with fresh, organic, delicious food that gives your body the best nutrition nature has to offer!

Making Healthy Living Delicious!TM



Whole raw foods are rich in phytonutrients, enzymes, and antioxidants.



Cherie Soria



Raw food revolutionary, Cherie Soria, is the founder and director of Living Light Culinary Arts Institute, and has been teaching gourmet raw vegan cuisine to individuals, chefs, and instructors for more than 17 years and vegetarian culinary arts for 40 years. Cherie is the author of several books, including *Angel Foods: Healthy Recipes for Heavenly Bodies*, and *Raw Food Diet Revolution: Feast, Lose Weight, Gain Energy, Feel Younger!*

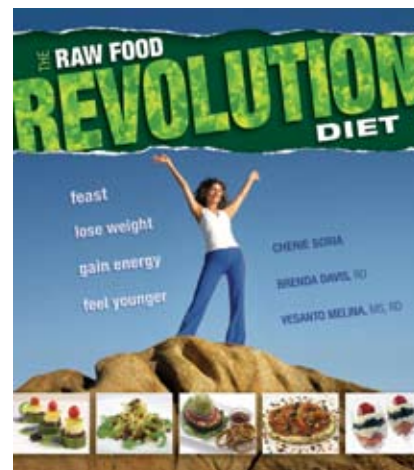
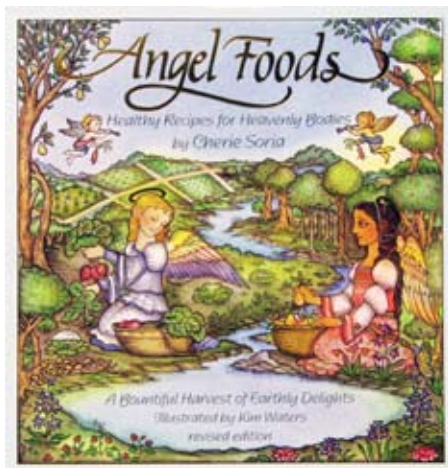
Cherie began her love affair with food at the age of 12, when she won her first cooking contest, and she went on to become one of the world's leading gourmet vegetarian chefs. Cherie is highly regarded in the international vegetarian and raw foods communities.

In 1992, after studying with Dr. Ann Wigmore in Puerto Rico, Cherie learned the principles of using whole live foods to aid in healing and rejuvenation. She recognized the need to make these simple foods as nurturing to the soul as they are nourishing to the body, so she began creating a gourmet cuisine that would rival the most delicious traditional cooked foods. Since then, Cherie has personally trained many of the world's top raw food chefs and instructors and is often referred to as the Mother of Gourmet Raw Vegan Cuisine.

At the age of 60, Cherie was awarded her third black belt in the art of karate, one of her many interests. She is as trim as she was in high school, and is a beautiful example of the health benefits of a raw vegan diet.

Cherie is available for speaking engagements and culinary presentations and is a veteran of radio and television. For more information about Cherie Soria, call Living Light PR Director, Kristin Suratt, at 707-964-2420 or email Kristin@RawFoodChef.com

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Cherie's book,
*Angel Foods:
Healthy Recipes for
Heavenly Bodies*,
has been printed
in 3 languages.
Cherie's latest book,
*The Raw Food Revolution
Diet: Feast, Lose Weight,
Gain Energy, Feel Younger*,
was released in 2008.





Dan Ladermann

Dan Ladermann is co-owner and director of Living Light International, a family of businesses united in their commitment to sharing the benefits of an organic, sustainable, raw food lifestyle with people around the world. Dan is also president of the Institute for Vibrant Living, a nonprofit organization dedicated to global education about raw organic vegan food and its role in vibrant living. The institute co-produces the annual Vibrant Living Expo each August at the Living Light Center, as well as other events including the Amazing Raw Food Hike-a-thon, and Raw World: International Festival of Raw Food Enthusiasts, an annual event named one of the top ten vegetarian destination retreats by VegNews Magazine. The Institute for Vibrant Living also provides scholarships for aspiring raw food chefs and instructors and has been a leader in nonprofit organic raw food education since 1999.

Shortly after discovering the benefits of a raw food diet in 1995, Dan exited the high-tech world of Silicon Valley, where he had been an early pioneer and executive in the Unix and Internet industries. Now he focuses his skills in science and technology together with his interest in health and nutrition as a pioneer in the emerging raw food industry.

Dan is also a Certified Hippocrates Health Educator and graduate of Anthony Robbins' Mastery University. He combines these two fields of study to assist people in their transformation by teaching them how to create lives of health, joy, and abundance. He says, "Most people have never felt the kind of loving support and encouragement they receive at our Living Light trainings. Watching them blossom and become empowered with the tools we provide brings me great joy."

Dan is available for interviews and speaking engagements on the subject of Raw Food Lifestyle and Nutrition. For more information about Dan Ladermann, call Living Light PR Director, Kristin Suratt, at 707-964-2420 or email Kristin@RawFoodChef.com.

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Culinary ARTS

Living Light Culinary Center

The Living Light Culinary Center, an 8,000-square-foot state-of-the-art facility located in Fort Bragg, California, on the beautiful Mendocino coast, is designed to provide the latest advances in raw culinary education and services. The student culinary studio is equipped with multiple cameras and closed-circuit television for culinary demos, and the lecture facility is outfitted with LCD projection equipment for multimedia presentations. The school has a beautiful, fully equipped raw food kitchen. Living Light Café and Cuisine-To-Go, offers delicious made-to-order specialties, including

smoothies, juices, salads, entrées, and delectable desserts. Living Light Marketplace is our sustainable lifestyle boutique featuring equipment for the raw food kitchen, including blenders, juicers, and dehydrators, gifts for chefs, a large selection of culinary and health books, DVDs, high-quality green food supplements, organic specialty oils, and hard-to-find culinary products.

Living Light Culinary Arts Institute

Living Light Culinary Arts Institute was established in 1998 and is the premier organic raw vegan school in the world. We attract people from all walks of life and

welcome everyone from novice to professional chef. We've created a variety of practical, yet fun and life-transforming programs to suit every student, whether you plan to prepare foods for family and friends, or want to create a career in the fast-growing world of raw living foods.

Living Light teaches students to create healthier, more conscious cuisine without sacrificing taste, presentation, or the emotional satisfaction of food. Our aim is to give our students the tools they need to create inspired dishes that exceed their expectations and thrill their taste buds.

Making Healthy Living Delicious.™



Associate Chef

Associate Chef and Instructor Training™

For Individuals, Chefs, and Instructors

Our Raw Culinary Arts Associate Chef and Instructor Certification™ Series takes students through a progressively complex set of culinary skills—everything from mastering knife technique and learning to set up a healthy kitchen to charting a menu, catering a raw event, and even creating dishes without recipes! We empower our students by offering the practical knowledge base they need to develop confidence, creativity, and expertise in the kitchen, whether they want to take classes just for fun, or become a professional raw food chef.

Our 3-part series is designed so you can attend each class separately or consecutively, depending on your schedule and pocketbook. This series is a prerequisite to both the Gourmet Raw Food Chef and Professional Chef certifications.

FUNDamentals of Raw Living Foods™

The first segment in our Associate Chef Certification Series is an entry-level observation course where students come to learn the basics of raw cuisine: using equipment, sprouting, preparing appetizers, soups, salads, entrées, and desserts—plus dressings, sauces, nut milks, cheeses, smoothies, and more.

Essentials of Raw Culinary Arts™

Following FUNDamentals™ is a five-day hands-on training in the preparation and development of raw cuisine from basic to gourmet. Students learn to prepare and develop recipes, understand flavor dynamics and flavor balancing, create textures using equipment specific to the raw food kitchen, and much more. This is an empowering foundational course for the rest of the Associate Chef and Instructor Certification™ Series.

Associate Chef and Instructor Training™

The third part of the chef certification series is an action-packed ten-day program where students learn to create a wide variety of favorite comfort foods, including burgers, lasagna, enchiladas, cheesecake, and more. Students also plan, organize, and conduct culinary presentations. This program offers an exciting and transformational adventure designed for all levels of expertise and is a prerequisite to all advanced classes.



Gourmet Chef

Gourmet Raw Food Chef Certification™

This all-inclusive series of courses takes students to the next level of confidence and expertise: exploring world cuisines, developing and writing recipes, transforming traditional cooked dishes into health-promoting gourmet raw cuisine, hosting large events, and learning about the science of raw food nutrition. You'll go home empowered and confident in your ability to produce incredible new dishes at any time—without the need for recipes. You will also learn to write recipes suitable for publishing.

Once the Raw Culinary Arts Associate Chef and Instructor Certification™ is completed, the following subsequent courses must be taken, as long as they are completed within two years:

Ethnic Flavors in Recipe Development™ is an exceptional 5-day course that teaches how to create the flavors and textures of the most popular world cuisines. Travel around the world to exotic places like Italy, China, Thailand, Mexico, France, and India. Each day, students explore two different world cuisines, reaching for new levels of creativity as they learn to develop exciting new recipes. The grand finale is a dessert extravaganza.

RawFusion Gourmet Spa Cuisine™ is a 5-day creative course that explores the light and luscious fare we serve at our exclusive retreats in exotic locations. Every day an entire feast is created using a small number of ingredients with various textures and flavors to produce an unlimited assortment of dishes. High in fruits and greens, this deliciously light yet satisfying cuisine is a favorite of the Living Light staff.

Raw Event Catering and Elegant Entertaining™ is a 5-day course that teaches how to plan and organize events from intimate appetizer parties for ten to elegant weddings for one hundred or more. Learn to create stunning buffets and elegant sit-down meals as you gain invaluable hands-on experience catering actual raw events. Menu planning, organizing, budgeting, pricing, negotiating contracts, and managing your catering team are a few of the topics you will explore. Discover secrets of plating and presentation that you can use for beautiful everyday meals or elegant dinner parties!

The Science of Raw Food Nutrition™ is a 2-day course with The Raw Food Doctors™ Rick and Karin Dina that covers topics in raw food nutrition including raw vegan sources of iron, calcium, protein, vitamin B12 and essential fatty acids, as well as blood sugar regulation, pH balance, how cooking affects foods, anti-inflammatory nutrition, and weight management. This is a great course for chefs, health educators, or anyone else who wants to have the knowledge base to achieve optimum health by gaining a greater understanding of the science behind raw food nutrition.

Sharpen Up Your Knife Skills! Series is designed for all levels of expertise, from novice through professional instructor—taking a progressive approach to the development of knife skills through demonstration, hands-on practice (not in all classes) and reference materials. There are three classes in the series which must be taken in order: Basic Knife Skills 101, Knife Skills 102, and Precision Knife Skills and Decorative Cuts 201.

Raw Culinary Arts Professional Chef Certification™ is awarded to individuals who demonstrate creativity and expertise as Gourmet Raw Cuisine Arts Chefs and who develop experience in every aspect of raw culinary arts, including kitchen management, food design, recipe and menu development, large event catering, pastry arts, and raw nutritional science. Students must be certified Living Light Gourmet Raw Food Chefs, and are required to complete all courses of study, including New Holiday Traditions with Raw Living Foods™, internships, externships, and coursework, followed by a comprehensive written and practical examination. For Example, many students repeat the Associate Chef and Instructor Training™ course at least once and intern with Living Light for a period of one year before they are fully prepared to test for this distinguished honor.

Living Light Café



organic
gourmet
raw
vegan

Living Light Café

Living Light Café is an organic gourmet raw vegan café and juice bar, with delicious made-to-order specialties as well as smoothies, juices, an array of sensual desserts, and a grab-and-go section for raw food on the run! We are open daily, so you can start your day with wheatgrass juice and a fresh fruit smoothie or crunchy buckwheat granola with fresh almond milk.

For lunch, try a delicious, health-promoting green juice and a full meal salad with Not Tuna Paté or an unfired burger with all the raw trimmings.

Making Healthy Living Delicious!™



Market Place

Living Light Marketplace

Blenders

Juicers

Dehydrators

Eco-Friendly Housewares

Organic Body Care

Gifts for Chefs

Books and DVDs

Welcome to Living Light Marketplace, our exquisite retail boutique and online store specializing in products for a vibrantly healthy lifestyle. Living Light Marketplace provides a panorama of gift ideas for the home chef as well as an extensive display of books, videos, and DVD's.

Living Light Marketplace offers a relaxed setting and well-displayed products, ranging from beautiful bamboo cutting boards and hand-crafted wooden bowls and utensils to all manner of earth-friendly products, gifts, organic body-care products, and kitchen equipment, including the best in juicers, high-speed blenders, and dehydrators.

You'll find an assortment of kitchen gear, including chef jackets and hats of all types, and everything from beautifully designed MAC, Henckels and Kyocera ceramic knives to ceramic mandolins and peelers, glass-bottomed spring-form pans, and the highest-quality green food supplements, organic specialty oils, and herbal essences. A variety of hard-to-find items await you at Living Light Marketplace.

Making Healthy Living Delicious!TM





Inn

Living Light Inn

Join us at Living Light Inn—A gracious, historic architectural jewel that combines the best of both old and new.

Built in 1912, this craftsman-style mansion has beautifully appointed rooms, including two with wood-burning fireplaces, as well as common guest areas designed for visiting, reading, studying, and relaxation. Located in a quiet residential neighborhood in Fort Bragg, Living Light Inn offers guests a tranquil retreat.

The names for the rooms reflect both the historical ambiance of the building and the atmosphere created by our new décor. Prosperity, Adventure, Inspiration, Harmony, Well-Being, Tranquility, Abundance, Joy, Serenity, and World Peace are outfitted for a variety of tastes and moods.

Living Light Inn is an excellent choice for the eco-minded, discriminating Mendocino traveler—you'll sleep better than ever before on organic bedding and you'll relax in a place that feels like home!

An Eco-Friendly Oasis on the Mendocino Coast



- Beautifully landscaped grounds with flowering trees, palms, and redwoods
- All rooms have windows that open, offering lots of fresh air
- Most rooms have either a lovely ocean or garden view.
- Each room is beautifully decorated, with unique décor
- Every room is outfitted with organic bedding
- All water in the building is filtered
- All cleaning products are vegan, nontoxic, and biodegradable
- Living Light Inn also recycles and composts waste
- Easy walk to The Living Light Center, downtown shops, and nearby beaches

Chef Showcase

The Living Light Chef Showcase

The Living Light Chef Showcase 2010, streaming live worldwide August 27-29, will bring together both top chefs from Living Light and other amazing gourmet raw foods guest chefs for a culinary extravaganza. You'll learn how to create delicious new recipes—a world of tastes, textures, rich colors, and fresh flavors, all brought to you with the professional expertise you've come to expect from our renowned raw gourmet teaching facility—Living Light Culinary Arts Institute! Living Light is a magnet for a new culinary ethos—Cherie and a hand picked group of talented chefs will take you on an extraordinary creative exploration—reinventing gourmet raw vegan cuisine for the 21st Century.

HOT CHEFS, COOL KITCHEN A Virtual Taste of the Best!



A New Paradigm in Culinary Artistry

LIVING LIGHT CHEF SHOWCASE



Streaming live worldwide!
August 27-29, 2010

Sign up at RawFoodChef.com

Hot Raw Chef Video Recipe Contest

Enter the “**Hot Raw Chef**” **Video Recipe Contest** and win a chance to be a featured chef during the Living Light Chef Showcase, streaming live August 27-29, 2010. Entries must be 100% raw vegan recipes, with a minimum of 90% raw (never heated over 118 degrees Fahrenheit) ingredients by weight. \$1150 Grand Prize includes a Food Styling for Photography Class, taught by Living Light Director Cherie Soria, author of *The Raw Food Revolution Diet*, and Denise Vivaldo, a professional food stylist and author of *How to Start a Home-Based Catering Business*. Runner up receives \$450 worth of prizes, and the People's Choice Award, valued at \$250, goes to the aspiring chef who wins the most votes online. A total of more than \$1800 in prizes will be awarded. The contest is open to both professional and amateur chefs who submit a 5 minute video demonstrating an original raw vegan recipe. Entries will be evaluated on presentation, teaching style, recipe quality, and adherence to judging criteria. Deadline for submissions is Midnight June 30, 2010 Pacific Daylight Time. Visit www.HotRawChef.com for contest guidelines and details.

Here are some of the outstanding Hot Chefs that will be in our Cool Kitchen: **Cherie Soria, Chad Sarno, Elaina Love, Nomi Shannon***, **Jenny Cornbleet, Martine Lussier, Vinnette Thompson, Ronnie and Minh, Kirsten Gum, Heather Haxo Phillips, Victoria Boutenko*** (*invited but not confirmed)



Although mushrooms are often grouped with vegetables and fruits, they are actually fungi. Mushrooms do share some of the benefits of fruits and vegetables: they are low in calories, have no cholesterol, and are virtually free of fat and sodium, but they also contain essential minerals and vitamins that are less concentrated in vegetables, including several B vitamins, copper, and selenium. Here are two outstanding gourmet recipes for passionate mushroom lovers!

Stuffed Mushrooms

Stuffed Mushrooms with Pine Nuts and Herbs **Yield: 6 servings**

This savory yet delicately seasoned appetizer is the perfect complement to any dinner party. It can also be the star attraction of a composed salad, an accompaniment to a pasta meal, or a welcome addition to your holiday menu.

18 large mushrooms, cleaned and stemmed

Marinade

1 tablespoon flax oil

½ tablespoon tamari

½ tablespoon lemon juice

Filling

¾ cup pine nuts, soaked 1-2 hours and drained

¼ cup minced parsley

1 tablespoon light miso

2 teaspoons minced fresh basil

1 teaspoon garlic, puréed

1. In a 7 by 7-inch glass baking dish, combine the oil, tamari, and lemon juice, and whisk to blend. Add the mushrooms, and marinate for at least one hour.
2. In a medium bowl, combine the pine nuts, parsley, miso, basil, and garlic, and stir well.
3. Leaving the mushrooms in the same dish of marinade, fill them with the paté mixture, then place the dish in a dehydrator set at 115 degrees for 2 to 3 hours before serving. Serve warm or cool.
4. Store in an airtight container in the refrigerator for up to two days.

See Cherie demonstrate Stuffed Mushrooms and Mushroom Stroganoff on our website* or on the DVD included in the hard copy of this media kit.

*www.RawFoodChef.com/CulinaryArts/RawFoodsInternetClasses.html



Mushroom Stroganoff

Mushroom Stroganoff

Yield: 6 servings

½ cup dried porcini mushrooms
1 ¼ cups water

Marinated Crimini Mushrooms

3 cups crimini mushrooms, sliced ⅛" thick
2 tablespoons red onions, minced
2 tablespoons olive oil
1 ½ teaspoons wheat-free tamari
½ teaspoon garlic powder

Zucchini Noodles

12-16 medium zucchini, peeled (about 2 lbs.)
1 teaspoon crystal salt

Cream Sauce

1 cup reserved mushroom soak water
1 cup almonds, soaked for 8 to 12 hours
2 cups reserved zucchini centers, chopped (see direction #3, below)
2 tablespoons dark miso
1 ½ teaspoons shiitake powder
1 teaspoon nutritional yeast
½ teaspoon paprika
½ teaspoon crystal salt
¼ teaspoon garlic powder
⅛ teaspoon pepper, ground

This raw recipe conversion of an old classic is both delicious and satisfying—even to those who are skeptical about raw cuisine.

It is simple to make and worthy of sharing with your gourmet foodie friends!

1. Soak porcini mushrooms in water until soft, about 1 hour.
2. Whisk together onions, oil, tamari, and garlic powder. Add crimini mushrooms and toss. Marinate for 30 minutes.
3. Using a vegetable peeler, shave the peeled zucchini lengthwise, rotating a few degrees each time, to form thin planks resembling wide egg noodles. Reserve the core for the sauce. Sprinkle the “noodles” with salt, toss and set aside for 30 minutes.
4. Drain the water from the porcini mushrooms and rough chop. Retain the mushroom soak water.
5. Put almonds and mushroom soak water in a blender and blend to a smooth, thick cream. Pour cream into a mesh bag and gently squeeze to remove pulp. Only the strained cream will be used.
6. Drain the liquid from the crimini mushrooms and put ⅓ of the mushrooms into a blender, along with half the cream, all the porcini mushrooms, the leftover chopped zucchini centers, the miso, shiitake powder, nutritional yeast, paprika, salt, garlic powder, and pepper, and blend until smooth. Add remaining almond cream and blend.
7. Gently squeeze the zucchini to remove salt and excess moisture. Towel dry the softened zucchini noodles. Toss the noodles into the cream sauce.
8. Put the mixture in a shallow rectangular glass baking dish approximately 8 ½ inches by 13 inches (lasagna-type). Top with remaining marinated crimini mushrooms. Place it in the dehydrator set at 135 degrees for 1 hour.
9. Serve warm from the dehydrator, topped with a sprinkle of fresh ground pepper.

Testimonials



“I found the Living Light classes to be transformative both nutritionally and spiritually. Raw food can be delicious if it contains the secret ingredients of creativity and love. Cherie Soria embodies these ingredients and the consciousness that goes with them.”

Vincent Flynn, Northridge, CA



“I feel very blessed to be a part of Living Light Family. I’ve learned so much during the past few weeks. I’m also very appreciative of the standard of excellence that you put forth into this institute. Thank you for sharing your love and passion for nourishing people body & soul. It’s the best training that you’ll get anywhere.”

Sumana Meissner, Tiburon, CA



“I highly recommend Living Light—it helped my skills, clarified my goals, and I enjoyed the community of students and staff. And also the food was great.”

Joy Minagawa, Seattle, WA



“I wanted to be completely comfortable making raw food, and I accomplished my goal. I also received excellent training for my presentation.”

Petra Schulte, Little River, CA



“Get ready to immerse yourself in the living foods lifestyle! It’s well worth your time, energy, and money! You leave feeling invigorated, enlightened, and accomplished! ...[it’s] much more than just a culinary education.”

Allison Gratton, Philadelphia, PA



“Besides the tools, great methods, and new ways of thinking, you also gave me a lot of confidence, which I needed so much ... and it’s because of the professionalism and personalities of each one of you [at Living Light].”

Adi Reuven, Tel Aviv, Israel



“After researching the few culinary schools here in the U.S., I made the choice to attend Living Light during my summer break. Did I ever make the right choice! Being accustomed to a certain level of professionalism at grad school, the same standards were readily apparent at Living Light, from the production kitchen serving the raw foods deli to the adjacent state-of-the-art demonstration kitchen/classroom. Cherie’s dedication to turning out the finest of raw foods chefs and educators, not holding back on any tip, increased my admiration for her as a chef and teacher.”

Elizabeth Miller, Solana Beach, CA