



# Living Light International



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Eco-Friendly  
Businesses on the  
Mendocino Coast

Making  
Healthy  
Living  
Delicious™

### **Living Light Culinary Institute**

Premier World-Renowned Culinary Institute  
For Education in Gourmet Raw Vegan Cuisine  
and Nutrition

### **Living Light Café**

Fresh • Organic • Gourmet • Raw • Vegan  
Full Organic Salad Bar • Juices • Smoothies  
Sandwiches • Soups • Entrées • Desserts

### **Living Light Marketplace**

Kitchen Appliances and Equipment  
Eco-Friendly Gifts for Chefs • Books • DVDs  
Vegan Body Care and Supplements  
For the Kitchen, for Gifts, for Life

### **Living Light Inn**

Historic 1912 Craftsman-Style Mansion  
Eco-Friendly • Carbon Neutral  
Gracious Appointments • Organic Bedding  
Fresh Ocean Air • Serene Neighborhood

## 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!<sup>TM</sup>*



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# Cherie Soria

Raw food revolutionary, Cherie Soria, is the founder and director of Living Light Culinary 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 both the international vegetarian and raw foods communities.

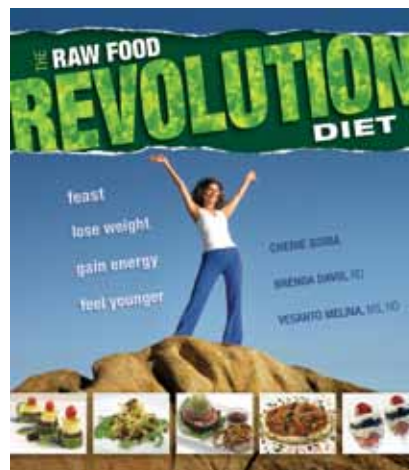
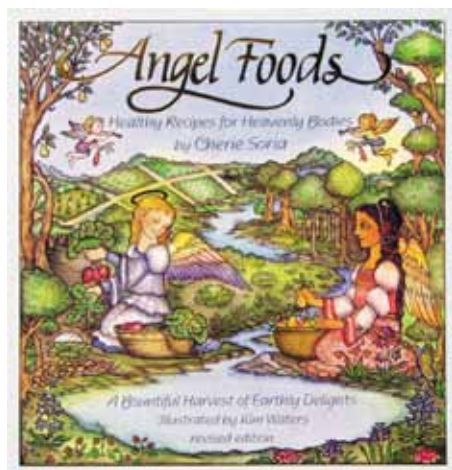
In 1992, after studying with Dr. Ann Wigmore in Puerto Rico, Cherie learned the principles of using whole live foods to aid in healing and rejuvenation. She recognized the need to make these simple foods nurturing to both the soul and the body, so she began creating a gourmet cuisine that would rival 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](mailto: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 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](mailto: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 offers delicious fresh organic cuisine, including a full salad bar, smoothies, juices, salads, sand-

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

## Living Light Culinary Institute

Living Light Culinary 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 each of our students the tools they need to create inspired dishes that exceed their expectations and thrill their taste buds.

*Making Healthy Living Delicious!<sup>TM</sup>*



# Associate Chef

## Raw Culinary Arts Associate Chef and Instructor Certification™ 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.

### FUNDamentals of Raw Living Foods™

This entry-level 1-day course demonstrates the basics of raw cuisine, from using equipment and sprouting to preparing appetizers, soups, salads, entrées, and desserts... plus dressings, sauces, nut milks, cheeses, smoothies, and more. This is a weekend course open to everyone.

### Sharpen Up Your Knife Skills!™

Good knife skills are the foundation of culinary art. This 1-day course takes a progressive approach to the development of knife skills through a combination of demonstration and hands-on practice.

### Essentials of Raw Culinary Arts™

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 chef series.

### Associate Chef and Instructor Training™

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.

### Science of Raw Food Nutrition™ I

In this 2-day course with Drs. Rick and Karin Dina, D.C. you will learn about 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.



# 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, and hosting large events. 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 courses must be taken and 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!

## 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, 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.



# Advanced Instructor

## Advanced Raw Culinary Arts Instructor Training Certification™

*with internationally renowned chef and author, Jennifer Cornbleet*

When you're ready to become a raw food teacher at the highest level, this intensive, career-focused learning experience will help you rise to the top of your profession quickly. Each module is specifically designed to prepare you to share your expertise with people who are eager to improve their health and embrace a raw food approach to eating. Building a business takes dedication and direction. If you provide the former, course instructor Jennifer Cornbleet will supply the latter. She'll share practical tips and tools for becoming a popular speaker/teacher whose services are in-demand to the growing audience of raw food enthusiasts.

### Course Prerequisites:

Successful completion of the Associate Chef and Instructor Training Certification™ Series.

### Included in Your Course of Study:

- The Foundation of Success: Goal Setting and Time Management
- Mastering Internet Marketing: No Technical Skills Required
- Becoming a Raw Food Ambassador: Creating Demand
- Crowd-Pleasers: Secrets to Presenting Irresistible Raw Food Demonstrations
- Going One-on-One: Tips for Providing Personal Coaching

A career as a raw food expert has never been easier. Living Light International's Advanced Raw Culinary Arts Instructor Training™ is a comprehensive course of study that is challenging, as well as intensely rewarding and a great deal of fun.



**Jennifer Cornbleet** is a nationally recognized raw food chef and instructor, and a faculty instructor at Living Light. She offers classes, hands-on

workshops, and consultations nationwide. Her first book, *Raw Food Made Easy for 1 or 2 People*, has already sold over 100,000 copies. Her second book, *Raw for Dessert*, was published in August, 2009.





# Nutritional Science

## Science of Raw Food Nutrition™ Series

Drs. Rick and Karin Dina, D.C. developed the Science of Raw Food Nutrition™ Series offered at Living Light. Their mission is to convey to their students accurate, scientifically based, user friendly information about plant based raw food nutrition, designed to create a learning experience that will assist and empower those on the path to greater health and well-being.

**Science of Raw Food Nutrition™ I** This two-day course covers topics in raw food nutrition including raw vegan sources of protein, vitamins, minerals, 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 who wants to have the knowledge base to achieve optimum health.

**Science of Raw Food Nutrition™ II** This comprehensive five-day course builds upon the knowledge base learned in SRFN I and introduces many new topics that are essential to understanding raw and living food nutrition. This class covers essential information on raw food, living food, vegan, and plant-based diets.

**Benefits of Raw Food Nutrition Educator Certification™** This two-day course follows SRFN II and prepares students to present fundamental raw food nutrition information with authority, accuracy, and confidence. It is highly recommended for health educators and raw food chefs who plan to teach the benefits of raw food nutrition in an articulate and easy to understand manner. All participants will receive a CD containing two turn-key PowerPoint presentations.

**Science of Raw Food Nutrition™ III** Just like SRFN I and II, this class is based in peer-reviewed science and presented in a format both solid enough for those with a science background, yet accessible enough for the rest of us. Best of all, it covers a variety of fascinating NEW hot topics in raw food nutrition! If you'd like to gain a stronger grasp of how your body works, and the important role that food plays in this process, SRFN III offers a fabulous opportunity to take your knowledge of raw food nutrition to the next level.

**Advanced Raw Food Nutrition Educator Certification™** This course is designed to provide you with several helpful tools for honing your skills as a credible raw food nutrition educator by assisting you in fielding the often challenging audience inquiries that come your way. It integrates and refines the information learned in SRFN I, II, III, as well as our Benefits of Raw Food Nutrition Educator Certification™ course, providing in-class practice, individual feedback, and a bonus CD containing lecture notes and a PowerPoint presentation. You will come away from this course prepared to deliver concise, scientifically sound answers to many of the most common questions about raw food nutrition with



**Rick Dina, D.C.** has been studying and practicing raw food nutrition since 1987. His experience includes working at Hippocrates Health

Institute, as a fasting practitioner, and teaching at Bastyr University. After 10 years in private practice, he is now teaching raw food nutrition full time in various capacities.



**Karin Dina, D.C.** has been studying and practicing raw food nutrition since 1990. Her credentials include an undergrad biology degree, 2.5

years in the naturopathic medicine program at Bastyr University, and a doctorate degree in chiropractic, all with honors. She is now teaching raw food nutrition full time.



# 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

# Success Stories



**Sunita Vira** Sunita Vira, a certified Gourmet Raw Food Chef, is founder of The Raw Food Centre, Singapore. With her Indian heritage and background in art, Sunita loves to explore her creative passions with ethnic flavors from many cultures. She enjoys the delicate balance of color, flavor, texture, taste, smell and visual appeal of specialty cuisines like Asian Fusion, Mexican, Indian, Japanese, and Thai. As part of her community and educational outreach, Sunita donated all of the class fees from her initial classes to varied charities. Sunita's husband's company agreed to match her donations to benefit a variety of worthwhile causes. The commercial aspect of Sunita's company will include selling packaged raw food products to retail supermarkets.

*"The Living Light education I received has been the essence of my inspiration. I wear your chef jacket with pride!"*

**Brenda Hinton** A certified Living Light Associate Chef and Instructor who now teaches at Living Light, Brenda is the founder of Rawsome Creations in St. Helena, California. Brenda's passion is teaching others how to prepare gourmet raw foods. She also helps support two charities in Indonesia with revenues from her line of nut milk bags, fair trade produced in Bali. One of the projects dearest to Brenda's heart is her position as Project Director for the Ceres Community Project in Napa Valley. She loves the educational part of this important community effort, which weaves together relationships between farmers, local food producers, young people, and those with health challenges. Brenda will be one of the Living Light instructors taking FUNdamentals of Raw Living Foods™ on the road.



*"What began as a simple journey has grown into a career path filled with encouragement, growth, creativity, and excitement. I'm now teaching at Whole Foods Markets, assisting international organizations, and helping in many locations throughout the world. The foundation of knowledge and skill I've received at Living Light has helped me launch projects I would not have dreamed possible!"*



**Beate von der Osten** German native Beate von der Osten is both a Living Light Gourmet Raw Food Chef and a Science of Raw Food Nutrition Advanced Educator who lives and works in Japan. She created a 24 classroom-hours lecture series on the Science of Raw Food Nutrition, which she teaches in Japanese under the auspices of The Japan Beauty Association. Japan, like other modern industrialized countries, faces health challenges including Type II Diabetes, metabolic syndrome, and childhood obesity.

*"I am extremely grateful to Living Light Culinary Institute for both my culinary training and the Science of Raw Food Nutrition courses. I've been provided with a rock-solid foundation enabling me to pass on my knowledge here in Japan. My scientific appetite for factual information was satisfied when I attended Drs. Rick and Karen Dina's classes on the Science of Raw Food Nutrition. The facts just blew me away. I was given extremely well researched and undisputable proof of the reasons a well-balanced raw food diet with an emphasis on greens is so beneficial for health."*

# Success Stories



**Chad Sarno** Chad began as a Living Light student, and continued his education, becoming a Living Light Certified Professional Raw Food Chef and Instructor. He was head chef and one of our esteemed instructors at Living Light in the early years, traveling the world with us and building relationships in the raw community. He has since gone on to do amazing things in the world, to international acclaim. Chad partnered with a boutique international lifestyle company based in central Europe as Executive Chef and Concept Developer and launched the SAF restaurant brand; an exciting fine dining, green gastronomy concept highlighting health supportive cuisine and organic wine bars. With Chad's expertise, the company successfully launched restaurants in Istanbul, Munich, and London. Chad is currently working with Whole Foods Market co-creating and assisting with the launch of a company-wide Healthy Eating Initiative driven by CEO John Mackey. He is a Living Light graduate to watch!

*"Living Light has had an important impact on my path and has inspired countless others. I honor Cherie and her vision, and offer high respect, praise, appreciation, and of course my support in all that Living Light continues to achieve in the world. Cherie Soria has been a huge influence on my life, and I'll always be grateful."*

**Jaylene Johnson** Gourmet Raw Food Chef and Advanced Raw Food Nutrition educator Jaylene Johnson lives in Idaho, and is the mother of eight children. Jaylene has always had an interest in health and fitness. When she experienced a life-changing health challenge in 2001, she realized that she needed optimum health and energy to complete the task of mothering her large family. She began classes when Living Light was still at Harbin Hot Springs, and in 2006, brought her daughter Kelsi to Living Light to study gourmet raw cuisine with her mother at the age of twelve. Kelsi has continued with her raw food journey and is now a wonderful raw food chef in her own right. Jaylene continues to teach raw foods and raw food nutrition in her community.



*"Part of the joy of the Living Light experience comes from meeting people from literally, ALL over the world. I recently stayed at Living Light Inn, and the feeling there of kindness and cooperation is something very special. I have counted my blessings for finding Living Light Culinary Institute so often. Cherie has had a significant impact on my life, and I know there are people all over the world who feel the same way I do. I can say 'thank you' best by sharing what I have learned with all those who have the interest and desire to learn."*



**Chantale Roy** Living Light Associate Chef and Instructor Chantale Roy has done a lot of interesting things with her Living Light education. She opened a café, Raw-freshing Cuisine, in Nelson, B.C. and is co-creator of a line of raw chocolates, Rawsta Flora Organics. She has also collaborated in designing and developing more than 20 manufactured raw products. Currently she works with varied organizations in consulting and product development, and is writing a raw recipe book in French and English. Teaching is her number one priority, and she is the first Living Light graduate to teach raw foods at the university level, at the University of British-Columbia, where she created an innovative introductory program teaching raw vegan cuisine.

*"Spending a month at Living Light and returning again both as a student and as a Kitchen Angel has been a true healing experience in my life," says Chantale. "It has helped me remember who I am. I am free to create, to live, to love, and to be all that I am meant to be."*

# Success Stories



**Made Runatha** Chef Made Runatha, a Living Light Gourmet Raw Food Chef is making a name for himself at one of the finest facilities in Asia. At Fivelements Puri Ahimsa, Chef Made is surrounded by tropical beauty, creating gourmet living food for the beautiful healing retreat center nestled along the Ayung River in Bali. Fivelements is part of an eco-conscious business hoping to promote peace among nations through an alliance of healing centers worldwide. As a classically trained chef, he's especially excited about the discovery of new flavors as he revisits the classics with knowledge gained at Living Light in marinating, dehydrating, sprouting, and flavor combining in exciting new ways.

*"His practical skills and knowledge combined with his natural born creative culinary talents combine to make Made one of the leading chefs in Asia and we are all very grateful to Living Light." - Labra Tatriele, co-owner and founder Fivelements Puri Ahimsa*

**Judita Wignall** Living Light Associate Chef and Instructor Judita Wignall is a musician and actress who loves rock and roll. Her all girl band the Halo Friendlies earned a gold record with a version of Me vs. the World. Judita is the "Judy Nails" character in the wildly successful video game Guitar Hero, and she has appeared on episodes of CSI: New York, Charmed, and Buffy the Vampire Slayer.



Judita came to raw foods a little reluctantly. Previously she had never enjoyed being in the kitchen, but when she realized how nourishing and healing raw food cuisine can be, everything changed. Dropping 15 pounds in just one month, Judita noticed that she had lots of energy and a mental clarity she hadn't felt in ages. She became "obsessed" with making raw food as delicious as possible, and bought every raw food book she could find. When she came to Living Light she had no idea of how the training would change her life. Energized and inspired, she couldn't wait to start teaching classes and coming up with her own repertoire of raw food recipes. She found herself a working Hollywood actress by day and a raw chef by night. Judita's first recipe book is *Going Raw*.

*"I'm so grateful that I followed my passion and attended Living Light. I could never have done all I have so quickly without the expert training I received. I now have a book deal with a great publishing company, I've been invited to teach classes all over the country, I'm developing products for clients, and I've been invited to cater retreats in beautiful, tropical locations. I had no idea of the varied opportunities that exist in the world of raw food, and I'm beyond excited to see where this road will take me to next."*



**Kirsten Gum** Living Light Gourmet Raw Food Chef Kirsten Gum's fun-loving spirit and passion for extreme experiences have helped her build an unconventional career, first in television and adventure travel, and now with the healing power of raw food and her company Raw Trips. Her main focus is to bring gourmet raw food to the mainstream. A certified yoga instructor, Kirsten loves teaching others how to live a green, sustainable lifestyle and sets a great example. She gave up her car several years ago, and keeps fit with running, biking, hiking, and daily yoga. Raw Trips does weekend retreats and week-long immersions offering raw food instruction, yoga classes, meditation, travel excursions, and entertainment. Raw Trips retreats also include the cultural and historical aspects of beautiful places like Mexico, Peru, and Ecuador.

*"I was blessed to come to Living Light and gained so much knowledge and love from them that now I feel it is my duty in life to go out and share with others. I love being able to show people that you can eat yummy foods with beautiful five-star presentation that is also good for your body. I came here for personal enrichment and it's turned into a career."*

# 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—for Kitchen, for Gifts, for Life!

*Making Healthy Living Delicious!<sup>TM</sup>*



# Living Light Café

organic  
gourmet  
raw  
vegan

## Living Light Café

Living Light Café is an organic gourmet raw vegan café, salad bar, 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 our full meal salad bar. We also serve hot vegan soups and grains daily, and be sure to choose something delicious from our dessert tower.

*Making Healthy Living Delicious!™*





# 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!

## A Gracious, Eco-Friendly, Carbon-Neutral Retreat 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
- Easy walk to The Living Light Center, downtown shops, and nearby beaches





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](http://www.RawFoodChef.com/CulinaryArts/RawFoodsInternetClasses.html)



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!

## 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

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.