



### **"Give Yourself the Gift of Health" Short Course**

- Organisation name: Rainbow Promise Health.
- Organisation location: rural France 2 1/2 hrs south of several north west ports (nearest airport Rennes)
- Short description: **WHO is this course suitable for?** Everyone: - who believes health is their responsibility - with a persistent health issue - who feels sluggish and needs to recharge their batteries - committed to improving their long term health - low in energy or motivation - seeking a health maintenance programme - wanting their future to be healthier than their past
- WHAT does the Living Foods course cover?:** - An introduction to living foods and the naturopathic principles - How to create a living foods kitchen - sprouting and indoor greens - Balanced eating, food combining, transitional and healing foods - The digestion system and colon care - Food / juice demos and using / choosing equipment - The importance of maintaining acid / alkaline pH balance - Fasting / detoxing for rejuvenation.
- How and When: You have 3 options, choose which one suits you, your situation, and your budget:
- 1) Saturday and Sunday - suitable for busy individuals, couples and small groups. Course Fee is £295.00 per person.
  - 2) Monday to Friday - for those seeking a program that includes a choice of holistic treatments, meditation, yoga, sauna, guided walks, additional food prep sessions and 1 - 1 coaching. Course Fees £795.00 per person.
  - 3) Tailored retreats and supervised detox programmes - details on request in line with the equinox.
- BONUS - you'll receive the inspiring book Living Foods for Radiant Health (RP £12.99).
- Fees Fees include VAT. Additional cost for accommodation.
- Venue: Pays de Loire, France
- Contact details: Dawn Campbell, The Wise Health Coach, Mentor & Living Foods Practitioner e: [dawn@rainbowpromisehealth.co.uk](mailto:dawn@rainbowpromisehealth.co.uk) to make a booking or for additional information

PLEASE LET RAINBOW PROMISE HEALTH KNOW THAT YOU BOOKED THE SHORT COURSE OR CONTACTED THEM THROUGH THE IIC.

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