



live food education
radiant health one bite at a time

The Life Challenge

THE LiFE CHALLENGE

The LiFE Challenge is a powerful 12-month program that will help you to transform your lifestyle into one that will create and support optimal health. The LiFE Challenge is not just about diet, it's a holistic program that will inspire you to cultivate positive habits so that vibrant health, happiness and longevity come to you naturally.

The 12 Challenges

Integral to the program are 12 month-long challenges designed to educate and motivate you into action. During each challenge you'll explore an aspect of healthful living and fully integrate it into your lifestyle. Each challenge has graduated levels of participation, designed to meet you where you are and move with you step by step towards vibrant wellbeing.

	Intro	The transition to greater health and wellbeing begins with creating a fundamental paradigm shift in your thinking. You'll challenge common limiting beliefs about diet, disease and aging and create a context that empowers you in your journey towards well being and radiant living.
Month 1	Increase Living-Foods	Eating high amounts of living-foods is the ultimate diet for renewal, wellbeing and longevity. During this challenge you'll discover how to easily increase the amount of living-foods in your diet whilst learning about enzymes, nutrient loss, leukocytosis and cleansing reactions.
Month 2 & 3	Replace Harmful Foods (I & II)	During these two challenges you'll reduce or replace the 4 most harmful food groups with delicious healthy alternatives. You'll learn how to handle cravings and how to balance your internal pH. You'll take a critical look at the food pyramid, processed foods, and factory farmed animal products.
Month 4	Cleanse	Cleansing is the express road to radiant health. During this challenge you'll perform some simple cleanses which will allow your body to eliminate toxins and rejuvenate itself. You'll also explore juicing, fasting, low fat diets and breaking addictions to stimulants.
Month 5	Sweat	Diet alone is not enough; our bodies are designed to move. In this module learn about the phenomenal properties of water and learn about the benefits of different water purifying systems.
Month 6	Fine Tune	During this challenge you'll fine tune your way of eating and develop a plan along with guidelines that will support you nutritionally, psychologically and socially. You'll learn how to listen to your body's natural wisdom and identify the correct macronutrient ratios you need to thrive.
Month 7	Maximise Nutrition	This challenge focuses on maximising nutrient density. You'll learn some fabulous recipes that address common nutrient deficiencies and as well as learn about the importance of minerals, why organic food is nutritionally superior and about power-packed super-foods for enhancing your vitality.

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Month 8	Break Through Food Addiction	Food addiction has a physiological, psychological and spiritual basis. During this challenge you'll take a close look at situations where you may not be in control of your food choices and learn effective techniques for breaking through addiction. You'll also learn about body awareness, dealing with stress, meditation and calming food choices.
Month 9	Deep Cleanse	During this month you'll explore effective methods for removing toxins from the body, including heavy metal chelation, infrared saunas, as well as intestinal and organ cleansing with herbs and colonic irrigation. You'll learn about physical, mental and spiritual rejuvenation through fasting.
Month 10	Grow Your Own	Fresh is best and there is nothing more delightful than picking food from your own garden. This month we'll show you how to grow sprouts, find edible foods in the wild, build a wonderful, low-maintenance veggie garden, make fermented foods and grow wheat grass.
Month 11	Go Organic	Your health depends not only on what you put in your body but on what your body comes into contact with. During this challenge you'll minimise harmful toxins in your home and environment. Topics include personal care and cleaning products, EMF's indoor air pollution, and plastic containers.
Month 12	Celebrate	Celebrating life is an integral part of wellbeing. During this challenge you'll be introduced to decadently delicious party foods for kids and adults as well as some exquisite mocktails. This final month is all about acknowledging ourselves and others, sharing, and having to have fun with food.

Recipes

Many people who believe that eating well means sacrificing taste and pleasure are delightfully surprised when introduced to the world of living-food. Living-food recipes open people's minds to new ways of preparing sumptuous as well as nutritious meals. In fact, virtually every dish, from every cuisine can be recreated using only health-giving ingredients.

During the LiFE challenge you'll learn how to make over 52 fabulous dishes including: smoothies, packed with nutrition; gourmet savoury delights; decadent desserts (guilt free); tasty snacks; children's treats; and energising salads. You'll learn, step by step, how to prepare each dish through downloadable videos and recipe guides that include a full nutritional analysis of each recipe. We've selected only the best living food recipes and our popular collection caters to beginners as well as cooking enthusiasts.

Online Education Modules & Webinars

Whilst there is an abundance of information available regarding wellbeing, it is often difficult to navigate your way to health. Our online education modules bring together the essential research on wellbeing and simplify it into concise and practical learning modules. Designed

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to work alongside the challenges, the modules provide you with an understanding of the science that supports the theory behind living-food and its nutritional benefits. Hosted by Anand and Runi, the monthly webinars will help you to integrate the program into your life, support you with any challenges you face and celebrate the breakthroughs. Throughout the LiFE program the modules and webinars create a fundamental paradigm shift in your thinking that opens you to the amazing possibilities available when you improve your diet and lifestyle.

Interviews with Leading Wellness Experts

Access thought-provoking interviews with international living-food lifestyle experts. You'll gain a greater appreciation for the power of living-food and the inspiration to delve even deeper through our interviews with leading experts. Our experts expose their personal journeys, discuss the hottest topics in the living-food lifestyle and explore many fascinating areas not discussed in their books.

- **Victoria Boutenko**, award-winning author of *Green for Life*, *12 steps to Raw Foods*, *Green Smoothie Revolution* & *Raw Family Signature Dishes*. Victoria travels the world sharing current scientific research in living-food and her family's inspiring story of recovery from arrhythmia, edema, obesity, depression, rheumatoid arthritis, hyperthyroidism, juvenile diabetes and asthma.
- **Dr Gabriel Cousens**, author of *Conscious Eating*, *Spiritual Nutrition*, *There is a Cure For Diabetes*, *Depression Free for Life* and featured in *Simply Raw*. Dr Cousens is founder of the Tree of Life rejuvenation centre and is the leading expert in the natural healing of diabetes and depression.
- **Dr Fred Bisci**, author of *Your Healthy Journey*. Dr Bisci is a clinical nutritionist who has helped over 35,000 people to dramatically transform their health with his highly effective, user-friendly plan.
- **Valya Boutenko**, maker of the documentaries *Overcoming the Food Imprint* and *Reversing the Irreversible*, and co-author of *Fresh and Raw Family*.
- **Craig 'Nature' Sommers**, author of *Raw Foods Bible*.
- **Felix Schoener**, award-winning living-food chef.

Wellness Social Network

In order to succeed in implementing positive lifestyle changes, many people find that immersing themselves in a supportive, likeminded community that is committed to wellbeing is key to transforming their lifestyle and health. As a participant in the program you will receive free 12-month access to the LiFE Wellness Social Network, a private, online group along the lines of Facebook, which serves as a dynamic venue where you can share your progress and connect with other members, as well as receive mentoring, advice and encouragement from experienced LiFE leaders.

