

Ann Wigmore Natural Health Institute  
Special Program:  
**Live in the Caribbean with Drs. Rick and Karin Dina**  
October 26, 2008 – November 1, 2008



We Work With Nature

**Back by popular demand!!!**

The Ann Wigmore Natural Health Institute Living Foods Lifestyle® program has teamed up with raw food gurus Drs. Rick and Karin Dina to create one of the most comprehensive and inspirational living food events ever offered!

**Who should attend?**

The program will enthuse and enlighten both new participants and graduates.

**What will the program consist of?**

The event will consist of the a 1 day crash course in the Dr. Ann Wigmore Living Food Lifestyle® combined with 4 days of cutting-edge nutritional education presented by our guest doctors.

**What does this special program offer?**

Dr. Rick Dina, D.C. and Dr. Karin Dina, D.C. have 40 years of collective experience in the science of raw and living food. The doctors are unique in their ability to make scientific concepts easily understandable and fun!

- ✓ Nutritional Components of Foods Explained
- ✓ Major Studies in Support of Plant Based Nutrition
- ✓ Scientific Support for Unheated Foods
- ✓ Eating Light on Raw Foods
- ✓ Raw Food Sources of Vitamins and Minerals
- ✓ Blood Sugar Regulation
- ✓ Understanding pH Balance
- ✓ Cooked Food Toxins - The Biochemistry of Heating
- ✓ Where Do We Get Our Protein
- ✓ Essential Facts about Essential Fats
- ✓ Cleansing for Health and Vitality
- ✓ Calcium; Optimizing this Important Mineral
- ✓ Longevity and Youth Extension

*Ann Wigmore Natural Health Institute, Inc.*  
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The Drs will also offer a Nutrient Analysis of Different Raw Food Diets

- ✓ A full nutrient analysis of three typical, but totally different raw food diets will be presented. We will then go on to discuss how to structure a healthy raw diet, and how to make sense out of conflicting information such as mostly fruit vs. little or no fruit, low fat raw vs. high fat raw, etc. We will also discuss where different raw and cooked foods fit on the health continuum, the importance of greens, and other relevant health topics in addition to diet. This final presentation will help bring the information learned in the rest of the course all together into a usable, cohesive package.

Learn more about the Dinass at [www.rawfooddoctors.com](http://www.rawfooddoctors.com)

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### **What is the cost of this special program?**

The Ann Wigmore Natural Health Institute is a nonprofit organization dedicated to teaching wellness to as many people as possible. Thus this collaborative program is being made available within the standard fee range of \$865 - \$1500 depending on your choice of accommodations. (Please see our rate page for specific accommodation rates) plus an additional \$300 special program fee per student. Prices include:

- 4 days of cutting-edge raw and living food classes by our guest doctors
- 1 day crash course in the Dr. Ann Wigmore Living Food Lifestyle®
- Lodging at the Institute
- All meals
- Airport shuttle
- Snacks
- Wheatgrass juice
- Use of the facilities
- Exercise classes
- Course materials

### **Space is limited. Reserve today so you do not miss this unique event!**

\*The specific course outline will be posted within a few weeks.

\*No discounts will be offered for this program (10% discounts or off campus discounts will not be honored for this special program). The standard rate applies for all students regardless of age, graduate status, group size, physical address, and/or college status.

\*Participants must register for the full program; no partial program participation will be available.

\*The program must be paid-in-full 2-weeks in advance and is non-refundable program. However, credit can be applied to another program minus the \$300 special program fee.

\*The \$300 special program fee applies to all students attending this program.

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