

Contents

Candida Health through Living Foods 1

Our Living Foods Lifestyle 1-2

Meet our Staff 3

Student Board 3

About the Institute 4

Summer Special 4



Photo Credit: Luis Marin

Avocado Strawberry Pudding

**Candida Health  
Dessert Recipe  
Avocado Strawberry  
Pudding**

- 1/2 avocado
- 1 1/2 cups strawberries
- Stevia leaves to taste (optional)

Blend the strawberries with the stevia, then add the avocado and blend until a smooth creamy texture is reached.

Yields two servings

# Living News

Check out our Summer Special!

Volume 1 Issue 2

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Ann Wigmore Natural Health Institute, Inc.

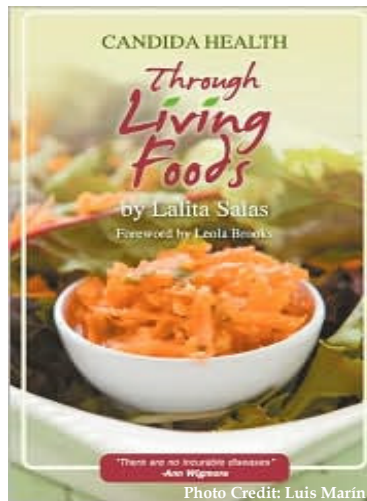
*We Work With Nature*

## Candida Health through Living Foods

"For many years it has been a preoccupation of mine how Candida has become such a major health challenge to a large part of the population, including vegetarians and members of the raw food community." Says Lalita Salas, author and Program Director for the Ann Wigmore Natural Health Institute in Puerto Rico. "I have been wanting to share my story, and how, through extensive experimentation with living foods on myself, I was able to conquer this silent nemesis." In her first book, **Candida Health through Living Foods**, Lalita discusses the benefits of Living Foods for those struggling with Candida. In this exceptional book, Lalita describes her personal challenges with Candida and her victory over this chronic condition. In a refreshing way, she shares her understanding of the compost-

ing process, naturally occurring in the human body and the role of Living Foods in balancing the body's ecological system. With beautiful, mouthwatering pictures and easy -to-follow reci-

and how to address it through Living Foods. Recipes like almond cream, guacamole, zucchini hummus, cucumber soup, will delight even the most selective palate.



Candida Health through Living Foods

Lalita wanted this book to be simple and easy to understand, but at the same time a source of scientific information that people struggling with Candida would find useful. Information such as Candida's reproductive cycle within the body, and the impact not only on our bodies ecological balance but on our immune system thus causing many auto immune conditions.

**Candida Health through Living Foods** is now available in English at the Wiggie Shop, 787-868-6307 Ext. 27, or at Amazon.com. *A Spanish translation is in process.*

pes (developed with our Live Foods Chef, Manuel Acevedo), it has never been easier to gain an understanding of *Candida*,

## The Living Foods Lifestyle® *More than Food*

When we think about the Living Foods Lifestyle® (LFL) the first thing that comes to mind is food. Food **IS** important, as is our body and our physical health. But as multi-dimensional beings, we are so much more than what we eat. The nutrition we need for our complete well-being to support

our body's self healing abilities encompasses balancing the mind, body and spirit. Dr. Ann Wigmore knew about the complexity of human beings and emphasized that the LFL she developed is not just a "DI-ET". Instead, it is a simple and practical lifestyle that addresses and integrates the whole being – body, mind, and



*Continued on page 2*

## The Living Foods Lifestyle® *continued*



Photo Credit: Bo Hitchcock

Healer Awa Hoshi, leading a  
Crystal Bowl Meditation



A pathway through the banana trees

Spirit. The human **BODY** is a miraculous instrument capable of healing and cleansing itself when given the proper tools. Dr. Ann saw her mission as helping people cherish and honor their bodies by creating and maintaining a healthier lifestyle. Dr. Ann dedicated her life to “building temples” of flesh and bone, worthy and attuned to higher spiritual energies. By providing the body with the nutrition it needs (delicious, whole and vibrant living foods, grown, harvested and prepared with love), the mind and spirit would be strengthened as well.

To relax and strengthen our physical bodies, some type of exercise is essential. Science has proven that exercise actually makes people happier, with alert minds and strong immunity. Activities such as walking, yoga, dancing, or rebounding, are part of the curriculum at AWI and are highly recommended.

positive thoughts and ideas and not to dwell on negative feelings and fears. Think joy instead of despair; health instead of disease, and give yourself the freedom to believe in the power you have to create a healthy and joyous reality.

Without going to the temple or reading holy books, we can be spiritual. The **SPIRIT** is everywhere and there are as many ways to connect to a higher consciousness or universal energy as there are human beings in the world. Take time to enjoy the breathtaking gifts of nature-- a sunset or sunrise, the sound of the ocean breaking at the shore, the sounds of nature, the feeling of the wind softly caressing your skin. If you do not practice meditation just breathe deeply, or you might experience inner peace by expressing yourself through creative endeavors such as writing, dancing, singing, or painting.

The LFL teaches that by reconnecting to our essence, we surpass our self-imposed limitations, thus opening pathways to achieve true balance and a harmonious life.

Follow Ann Wigmore’s advice – **NURTURE** yourself, **MOVE** your body and **LIFT** your spirits!



### SUNGAZING EXERCISE

Even though sungazing is not part of Dr. Ann Wigmore’s teachings, she surely would have enjoyed this simple exercise and embraced its benefits for getting in contact with nature and ourselves.

How To: Take a break and go look for the sun either at sunrise or sunset. Take off your shoes and feel the earth under your soles and take a bath in the golden light for a few seconds/minutes (starting with 30 seconds a day).

Repeat this exercise every day at the same time.

Important: Only practice this exercise at dawn or sunset, when it is safe to look at the sun. At any other time of the day, the sun rays of the sun are too strong and could cause permanent damage to your eyes.

Ann Wigmore stated “Form follows thought” and “The **MIND** creates the body”. Our physical condition is a by-product of many things; the food we eat, the way we think about ourselves, our level of physical activity, our surrounding environment, and how we handle the stress in our personal lives. Remember the mind is a powerful tool, “If you believe you can or you believe you can’t, either way you are going to be right!” We all know that one of the “tricks” to being happier and healthier is to stay focused on



Photo Credit: Bo Hitchcock

Sunset at the beach by the Ann Wigmore Institute

## Meet Our Staff – Belkis Muñoz



Photo Credit: Sandy Cottriel

Belkis Muñoz  
Greenhouse Supervisor



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Greenfest at the Institute

Belkis Muñoz is the Supervisor of the Agriculture Department. A graduate of the University of Puerto Rico in Mayagüez, where she received a degree in Agricultural Science, Belkis joined the staff of the Ann Wigmore Institute in 2002 because “I wanted to learn and practice this unique and enriching lifestyle for the body and the spirit.” She says that she learned about the job by chance. “I was having lunch at a local vegetarian restaurant when I saw a flyer on the bulletin board. They were looking for a bilingual person that knew about agriculture and was also a vegetarian. I knew they were looking for me! I brought my resume, went through the interview process, and I have been here since.”



Managing the Institute’s greenhouse and organic farm, and teaching, Belkis always has her hands full, juggling her many responsibilities.

Students rave about Belkis’ classes– planting, composting, the wheatgrass machine, and a student favorite; “The Coconut Experience”, in which the students have “a close encounter with coconuts.” Belkis’s jovial style make her classes a fun and wonderful learning experience. “Due to the scientific nature of some of our classes, I feel it’s very important to keep them lively and simple, so our students

do not get intimidated by the planting and composting process, which will hopefully allow them to become more receptive to the entire process.”

“One of the main principles of **The Living Foods Lifestyle**® is for individuals to become empowered to take responsibility for managing their own health and well-being. Therefore, when I teach the compost and planting classes, I show students many ways they can do it at home, no matter where and how they live. **The Living Foods Lifestyle**® is very simple. It’s about being in harmony and flowing with nature.”

As students and staff walk past the greenhouse they know when Belkis has returned from the farm. Her melodious voice delights everyone, as she sings to the sprouts while completing her work in the greenhouse. Students also enjoy Belkis’ singing and her knowledge of Caribbean rhythms, when she performs on graduation day.

Belkis truly enjoys her work at the Institute’s Greenhouse. “It is so gratifying to organically grow greens with so much life force and vitality. It makes you feel closer to the source, closer to the divine.” What is her secret? “It’s the combination of nature and pure, undiluted, non-processed LOVE.”

**Immortalize yourself!!!**  
We welcome your photos, stories, messages, testimonials, jokes, poems, songs, drawings, recipes, and tips related to your living food experiences.

## Student Board

*“The connection has finally been made... every time food enters my mouth, it is a sacred moment; a time to offer thanks to Mother Earth for blessing her daughters and sons so abundantly.”* Joy Billings

*“Each evening held an unknown gift for me and I was never disappointed. I gained something and felt something fresh each time. ...each night I had an intimate candlelight date with my colon and we got very, very personal.”* Anonymous

*“Transformation is beautiful.”*



Graduating Class-April 24th



## Ann Wigmore Natural Health Institute

### About Us

**AnnWigmore**  
**Natural Health Institute**  
**Telephone: 787-868-6307**  
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**www.annwigmore.org**

Located near the ocean in beautiful Puerto Rico, The Ann Wigmore Natural Health Institute, (AWNHI), is a not-for-profit educational organization dedicated to the core principles of the Living Foods Lifestyle®. AWI was founded in 1990 by Ann Wigmore -author, teacher, healer, and visionary of the living foods movement. Today, we continue her legacy by teaching natural health, sustainability and self-reliance. Students from all over the world participate in programs and specialty retreats throughout the

year. Our pure program of vibrant health is offered in an intimate, supportive, and loving environment. The AWNHI offers one and two week certification programs in the original Living Foods Lifestyle®. Discounted and special rates are available throughout the season. The Friends and Family specials start May 17, 2009 and continue through the 2008-2009 season.

Please visit us at [www.annwigmore.org](http://www.annwigmore.org) or call us at 787.868.6307 for more information.

## Continue the legacy, continue the dream!

Your tax deductible contribution will help us continue Dr. Ann's vision and teachings.  
Please call us today with your tax deductible gift.

*Yes! I want to help to continue Dr. Ann's legacy! Here's my tax deductible contribution of \$\_\_\_\_\_.*

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_

Country \_\_\_\_\_ Zip Code \_\_\_\_\_ E-mail \_\_\_\_\_



## Friends and Family End of Season Special

*May 17<sup>th</sup>-August 15<sup>th</sup>, 2009*

Invite your friends and family to join you for the healthiest vacation under the sun. When you come with a friend/or relative and share semi-private accommodations, your companion will pay the normal charge for the room and program, but *you* will be given the room and program at the reduced rate of dormitory price.

**BECOME AN AMBASSADOR FOR THE ANNWIGMORE INSTITUTE!!**

**Call us for details.**

**787-868-6307 Ext. 31**

[info@annwigmore.org](mailto:info@annwigmore.org)

[www.annwigmore.org](http://www.annwigmore.org)

*This issue of Living News has been written and edited by Sandra Rodriguez and Petra Meedt.*