

## About Sue

My raw food journey began in the spring of 1999 after hearing a speaker at our local vegan restaurant explain what raw food was. When I left the restaurant that night, my life had changed. I knew that the raw food diet was the right diet for me.

Even though in my heart I knew raw foods were right for me, I struggled in my first attempt at going raw. I was successful in my next attempt! I finally became successful once I realized that raw foods were the right choice for me because it is our natural diet. I was also successful because I continued to seek out new information and guidance to reinforce this belief.

I am now certified as a Natural Health and Holistic Nutrition practitioner having graduated from the University of Natural Health in June 2011.

Implementing a raw food diet was and still is a journey for me. It is a journey toward excellent health. Along the way, I have learned many things. Most importantly, I have learned that eating a diet of whole, ripe, raw, fresh, organic fruits, vegetables, nuts and seeds is the BEST diet in the world.



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**Check my website for  
upcoming classes.  
[AliveRawFoods.com](http://AliveRawFoods.com)**

### Payments

Cash, personal checks or PayPal payments are welcome.



*Do You Want to Feel and  
Look Amazing?*

*Do You Want More  
Energy?*

*The Raw Food Diet Can  
Transform You!*

*Are You Interested?*

## Let me ask you a few questions:

- 🍓 Are you tired of being sick and tired?
- 🍓 Do you believe that there has to be a better way to live?
- 🍓 Are you afraid that you will never feel good again?
- 🍓 Do you want to be free of headaches, heartburn, the flu and the common cold?
- 🍓 Have you been told to “watch your diet” or “watch what you eat” and asked yourself “What does that mean”?
- 🍓 Have you done everything your doctor has told you to do and you still don't feel your best?
- 🍓 Do you want to take responsibility for your health?
- 🍓 Do you want to know what the best raw food diet is?
- 🍓 Is being truly healthy one of your goals?

## If you answered yes to any of the above questions, I can help!

I strongly believe in the power of the body to heal itself. All we have to do is provide the right conditions.

I believe a low-fat raw vegan diet is the best diet to achieve superior health and I provide the following services to help you achieve just that:

- 🍓 Raw Food Preparation Classes
- 🍓 Individual Coaching
- 🍓 Tele-Classes

### Simply Low-Fat Raw Food Preparation Classes

Classes are held Saturdays from 9am – 1pm. This class teaches you how to prepare simple low-fat meals that taste great. The class covers smoothies, soups, salad and dessert. You will be able to taste all of the recipes that are prepared.



### Tele-Classes

My 5 Week program can help you jumpstart your raw food journey in just 35 days. The program consists of individual and group sessions.

The group session meets once a week. Receive information on transitioning to a raw food diet, tips to beat cravings, ten keys to healthy living, shopping tips, tips for attending family events and dining out, what is detoxification, must have kitchen appliances, the raw food pyramid, and the criteria of the ideal diet.

Individual sessions will address your own personal challenges.



### Individual Coaching

Not sure how to get started? I can help you add more raw food to your diet by creating a personal plan just for you.

**Contact me now at 920.469.0619 or [sue@aliverawfoods.com](mailto:sue@aliverawfoods.com).**