



~ *The Barefoot Cook* ~ presents:
The Island Love Retreat :: Heal. Purify. Energize.

A 5-day exploration of fresh, native foods, foundational meal prep techniques, group cooking & healing adventures ~~

February 9-13, 2012 Kauai, Hawaii

Nourishing your body, mind & spirit is easy — once you un-learn the complicated rules, diets & programs you've absorbed from the mainstream media you grew up with. Awaken your Beginner's Mind, and get back to the beautiful basics of how to source and create healing, nourishing foods for your family no matter where you live!

Join Amanda Love for a five-day respite on the ancient isle of Kauai. We'll chase rainbows & waterfalls, greet the Pacific Ocean with graceful sun salutations, wander through abundant tropical orchards, swim, walk, rest & recharge. We'll be focusing on learning cooking techniques and nutrition principles that will serve you in creating optimum health for you and your family - and of course enjoy exquisite meals prepared with Love!

Learn:

- ~ how to source and prepare seasonal foods for optimal nutrition, immunity and well-being
- ~ how to easily create your own probiotic-rich foods such as kefir, whey sodas, the fizziest kombucha, and delightfully crunchy cultured veggies
- ~ the basics of bone broths, vegetable cookery, stew & soup making, and pastured meat and wild fish preparation
- ~ the vital importance of high-quality fats and how to use them wisely for healing and energy
- ~ how to source and use accessible superfoods as dietary supplements
- ~ how to use healthy sweeteners for gluten-free and raw dessert creation

Includes daily breakfasts and lunches, yoga classes, cooking lessons, local excursions, a special Raw Chocolate making tour and demonstrations on the many uses of Coconuts.

This island retreat is limited to 10 freedom-seeking food-lovers. Register now to reserve your spot. Retreat cost is \$1195, with potential partial work trade available, please inquire. Encourage a friend to join and both get \$50 off. (Good for multiple friends!)

Contact Amanda at www.thebarefootcook.com or 800/250-4718,



Amanda Love, of Austin, TX, is known as The Barefoot Cook. She is a Certified Healing Food Specialist, Natural Foods Chef, Nutrition Educator, Weston Price Conference Chef, and recipient of the Weston Price Food Activist Award. She is also a recently elected board member of the Cornucopia Institute.

"Amanda Love's cooking workshop has changed my life and the way I think about food completely. I now understand what it means to truly nourish myself and how to do it.

Amanda offered me the gift of getting in tune with my body's signals and to know what it needs. I now make food that is based on what is right for me, not some ideal or dogma."

