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Annette Larkins, author of the booklets *Journey To Health* and *Journey To Health 2*, introduces royal treats of life in *The Kingdom Of Living Foods*. From her 12-part television series *Health Alternatives with Living Foods*, she delights and entertains while demonstrating how simple it is to prepare flavorlicious, raw food dishes. These mouth-watering goodies dispel the myth that raw meals consist simply of lettuce and tomatoes. Watch, learn, and use acquired knowledge to make easy, tasty recipes, designed to encourage a healthier lifestyle. The Breakfast and More, Pizza and More, Lunch and More, and Dinner and More presentations will inspire you, your family and friends to create your own raw cuisine, which will have you chanting "Yummy, yummy for my tummy."



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Annette's  
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