

# PHILOSOPHY AND APPROACH

# GoVegan!



## Our Recipes & Food Philosophy

- Eat raw food with cooked
- Properly food combine
- Low glycemic
- Organic and local
- Fresh is best
- We avoid inflammatory allergens (sugar, gluten, white flour, white bread, soy, corn, cashews, peanuts, & MSG)



## Self-Growth

We believe health and personal well-being are determined by being in harmony with oneself and environment, and imbalances are opportunities for self-growth. We believe in facing challenges and committing to being one's best.



## Support

We feel support is paramount. We believe that feeling cared for is as important as healthy food and clean water, and that it creates an environment for greater learning. Use the Facebook group - Go Vegan Community to share your experiences, ask questions, and connect with our student community. Also share in the comments section of each lesson.



## Build Immunity

Our simple to gourmet approach is intended to eliminate bacteria, fungus, and viruses that can lead to candida, parasites, and illness.



## Take It Easy

We believe in approaching dietary and lifestyle shifts with ease, and not extremes to avoid set backs. Small Steps = Big Successes. Perhaps you're an all or nothing person? That's also viable. Do what's best works for you.



## Take What Works

Take what works for you, and leave the rest. We support your innate intelligence, and uniqueness. Our mission is to nourish your genius so you can achieve what you really want with your vegan path.



## Body Intelligence

We believe that as the mind yields to the body's inherent intelligence, self-healing is not only natural, yet follows the basic science and design of how we humans work.