



# a revolution in raw food

## Seminar by Valya and Sergei BOUTENKO

The son and daughter of Victoria Boutenko, author of **Green For Life**, and the originator of the green smoothie revolution, themselves the authors of 3 best selling – books on raw and living foods including **Eating without Heating**, popular speakers from Oregon USA, will speak for the first time in Europe.  
Join us for a **Free Green** Smoothie!



A Presentation of

**ADIDAMSTERDAM** & **raw superfoods**

In **Maria Hoop**, Limburg  
Adidam Centre  
Annendaalderweg 10  
Saturday October 4  
Registration: 14:30  
Presentation: 15:00 – 17:30

In **Amsterdam**  
Centrum De Roos  
P.C. Hoofdstraat 183  
Monday October 6  
Registration: 19:00  
Presentation: 19:30 – 22:00

Pre-Paid Registration € 30, or (if any space remains) At the Door: € 35  
To Register Please Call 0475 520114 (Nederlands) or 06-156-15401 (English),  
or see Our Website: [www.europeandanda.org](http://www.europeandanda.org) Also See [www.rawsuperfoods.com](http://www.rawsuperfoods.com)



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## How To Register & Pre-Pay:

1. Best is to transfer the money via your bank to us:  
van Adidam Nederland Missie, Oosterpark 39 Amsterdam 405924291.
2. Also, you can pay by credit card: provide the name on the card, the number, expiry date to us over the phone at [0475 520114](tel:0475520114) or [06-156-15401](tel:06-156-15401).
3. Please indicate in the details which event you are registering for: [Maria Hoop](#) **or** [Amsterdam](#).

**For More Information on the Event** please call **Brian** at 06-156-15401 or email me at [bauger@adidam.org](mailto:bauger@adidam.org)

**More Information on the GREEN SMOOTHIE revolution** can be found on the Boutenko's Website: <http://www.rawfamily.com/>

For more information on the vast services and events of **Raw SuperFoods** check out: <http://www.rawsuperfoods.com/>

Smoothies made with greens, fruit and other ingredients in a high-speed blender have remarkable nutritional qualities. The blender ruptures the cell walls and makes the still-alive enzymes and other nutrients very easy to assimilate. Find out more about the great benefits of the **Green Smoothie** from these two young people who have lived the experience their whole lives.



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