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Delicious Spinach Chips Recipe

Victoria's comment: During my last trip to Russia, this dried spinach helped me to consume enough greens during my travels



1 lb fresh spinach greens

1 lemon, juiced

Place spinach leaves on mesh dehydrator sheets and sprinkle with lemon juice. Dehydrate at 105°F until crunchy.

Yields: about 50 grams of spinach chips.

A "Green Wave" Reaches Russia



Dear Friends,

I have just returned from Russia where I haven't been for 18 years. Now my book Green for Life has been published in St. Petersburg and I was invited to participate in several book signing events. Russian people were amazingly responsive to the concept of green smoothies.



The news of benefits of greens has started to spread quickly across this big country. The first 5,000 copies were sold to stores before the book was even printed. We will have it available on our website shortly, as soon as the shipment arrives. Here is the cover for you to see.



Love Victoria

More about Angel's Health Food Institute

Many people requested additional information about Angel's Health Food Institute.



It is a very beautiful and peaceful retreat. I felt fortunate to be invited by the owner Peggy McDonnell to work there on my book. I had a quiet, comfortable room, access to internet, phone line, and on top of this the Angel's staff was pampering me with freshly made green smoothies when ever I wanted.

Here is a schedule of their three week programs that are now available for booking:

April 13 – May 3

May 11 – May 31

June 29 – July 19

July 27 – Aug. 16

Aug. 24 – Sept. 13

Sept. 21 – Oct. 11

Oct. 19 – Nov. 8

Nov. 16 – Dec. 6

You may find more photos and information at:

<http://www.angelshealthfoodinstitute.com/>

This retreat is similar to Creative Health Institute in Union City, Michigan and Optimum Health Institute in Lemon Groves, California. One additional advantage is that they are pet friendly meaning you may bring your pet and they

are well cared for including grooming.

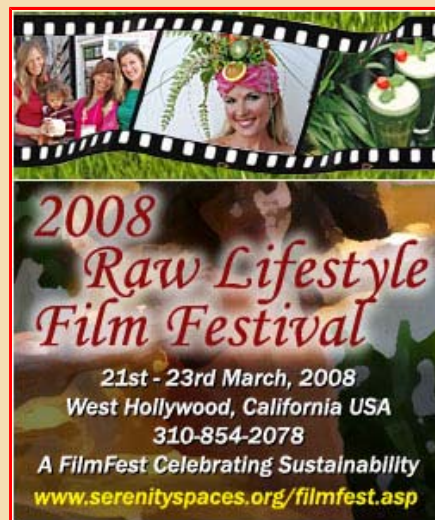
Valya's New Documentary in the Film Festival



Valya has created a new documentary called "Reversing the Irreversible".

It contains 31 amazing testimonials from people, who reversed cancer, diabetes, osteoporosis, arthritis, and other fatal diseases with the help of raw foods.

This movie was accepted into the 2008 Raw Lifestyle Film Festival and will be available for sale on our website in March 2008.



For more information on this glorious event please go to:

<http://www.serenityspaces.org/filmfest08.asp>

Sergei's Lectures in Colorado and Utah



Come see how greens and wild edibles can transform the way you feel while simultaneously pleasing your taste buds.

To view Sergei's schedule, please go to:

[Click here to see the schedule of lectures](#)

Our Educational package makes the best Holiday gift. 34% Savings.



Books

12 Steps to Raw Foods (New!)
 Green for Life
 Raw Family - A True Story of Awakening
 Eating Without Heating

Total Price: \$ ~~170.55~~

You Pay: \$ 112.95

DVD's/CDs

New! Interview with Sergei
 12 Steps to Raw Foods
 Greens Can Save Your Life
 Is Raw Food for You
 Raw Gourmet Dishes Simplified
 Spiritual Awakening with Raw Food

**Two free bonuses with each Package:
 One 9 oz pack of Igor's freshly made crackers**

One Poster, The Ten Benefits of Green Smoothies

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