

UK Centre for Living Foods
Director Elaine Bruce
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Certificated Practitioner Training Course. Basic Level

A Message from the Director

The Courses are for those who are passionate about some aspect of healthy living. People who care about helping themselves and others to a better state of health, energy and creativity. People who are aware of the wider issues around health; food, farming, pollution, the safeguarding of wildlife and plants and how these impinge on our health now and that of our children.

The training is not just about knowledge, or exams.

The course is mainly experiential. This means that in the time you are here you follow the complete Living Foods Programme. The day starts at 8.00 am with juicing wheatgrass and then breakfast juices. The mornings are devoted to classes, both practical and theory, and part of the afternoon to discussion designed to help you towards your own teaching. Evenings are planned for individual practice of the personal cleansing techniques. Although it is an intensive course with a packed schedule, there is also opportunity for exercise, fresh air, rebounding etc. There is ample opportunity for practice in meal preparation and juicing, which in our small groups makes for a happy and supportive group activity. During your time here your food will be only the all organic mineral and enzyme-packed meals of the therapeutic Living Foods menus, from breakfast to supper inclusive. As you can understand, you need some stamina and determination to stick with the class schedule when you may be experiencing some detox symptoms. If you have a health problem or know that you may be carrying a backlog of toxins from previous eating habits or medication, vaccinations, exposure to pollutants and the like, let us know, and we will suggest a lead-in regime to help you.

In any event, all applicants should consider at least the following basics, and establish them as a routine as soon as possible.

Recommended preparation

Daily 2 plus litres of water. .
Minimise use of tea, coffee and alcohol also soft or fizzy drinks
One completely raw meal a day
Minimise use of animal protein and dairy

Note that smokers are not admitted to the course. Nipping out for a puff is not countenanced, so please free yourself completely and reliably of this habit before considering application* The use of other social drugs including alcohol is not permitted during the period of attendance.

This preparation may not be an easy ride for everyone, but if you can accept the challenge, after a few weeks you will have a cleaner system and feel stronger and more energetic, ready to sail through your certification training. Some of you may already be established on at least these basics. Some people choose to attend a week course here first, so that they are thoroughly familiar with the Programme, and have the chance to experience detoxing without the extra Training classes.

The Course

This is a practical, skills based course. The teaching groups are small (maximum 10) to allow plenty of opportunity for interaction and discussion. All students receive a comprehensive portfolio of class notes, and reading list, and are required to write a well considered appraisal of an approved subject, but the emphasis of the course is on developing the practical abilities to use for yourself and sympathetically teach others the information and methods of the basic level of the Living Foods Course. Applicants must be familiar with the Living Foods Programme as described in the manual "Living Foods for Radiant Health" by Elaine Bruce. This is the basic text for the course, parts of which are used for your course.

Aims and Outcomes

The certificated practitioner (basic level) will be competent to teach the setting up of a Living Foods Kitchen, including guiding their own students through practical and discussion classes in the following.

Techniques and routines for the care of sprouted seeds
The planting and care of indoor greens and wheatgrass
The use of natural fertilizers and plant feeds
Plant enzymes, their preservation and use
Fermentation, including the preparation of rejuvelac and seed sauces
Basic use of a dehydrator
Water; re-hydration of the body and methods of water purification.
First level protocol for digestive care, including food combining, and acid/alkaline balance
Mineral supplementation with plant foods
Essential recipes and some seasonal menus

Course Outline

The next course commences April 17th 2010
Applications may be made immediately, and as soon as possible. You will be notified as soon as we have assessed your application if we can offer you a place. Please ensure we have a contact address, email address and phone number if you are likely to be away from home at this stage. The fee for the course is £1850, and this is payable in full on your acceptance of a place, and at latest by March 16th. Please note that payment should be made by sterling payable to E.Bruce, and sent to the address above. Alternatively, ask for bank transfer details.

We do not accept credit card payment for fees. If you would like to pay in stages, up to the scheduled dates, do please ask.

Stage One. One Week commencing Saturday 17th April 2010

The initial (non residential) attendance at the Centre for Living Foods is for one week, 10.00 am Saturday 17th April to mid- afternoon on Friday 23rd April

Stage Two class plans to be submitted, by 1st May 2010

The preparation and submission of class plans for each of the classes and subjects covered by the course. An outline proforma will be available to help you to develop your class plans.

Stage Three Weekend of July 9/10/11th 2010

Attendance at a scheduled weekend, (normally within three months of your first week, to maintain the momentum of the training process) during which students will present or co-present some or all of the constituent classes, using their approved class plans. This weekend is for self and peer appraisal of students' practical performance. This will take place during the timescale and class schedule of the normal introductory weekend, which will be laid out for you, and will be fully supported by the Director.

Stage Four Written assignment to be submitted by latest November 1st 2010

A written assignment of 2000 words. This will be an original piece of work on a health related subject of your choice, and approved by the Director. It should involve some research of a subject which interests you, or be drawn from an area in which you already have expertise. Please note that all written course work remains the property of the UK Centre for Living Foods..

On successful completion of the above, you will be awarded the appropriate certificate, and we will send you your pack of approved teaching materials. Your name will be included on the register of certificated teachers of the Introductory Course in Living Foods. This will be made available to enquirers and will be published on the website of the UK Centre for Living Foods. To maintain your place on the register you are required to attend Practitioner Development Days, at intervals as notified. Development days are an enjoyable and stimulating way to stay in touch with your colleagues, while updating yourself in new research, ideas and equipment, and maintaining your personal competency. DATES to be notified.

The use of alcohol, nicotine or any drugs during the period of attendance, on or off the premises, constitutes a breach of contract, and that person will be asked to leave the course immediately.

If you wish to negotiate payment in instalments, **within the above timescale**, to ensure your place at an early stage, do please ask.