

Get Health Results!

Client Recommendations

"I recommend Merav's knowledge as I have benefited from her advice. I have changed my eating habits over the last 18 months and I have found it's given me a huge increase in my energy levels with really positive changes in my thyroid function. When I need a tea my body's taste buds direct me to choose which one I need and it tastes really good and then I feel better. With persistence every week I notice changes in my body and how my uncomfortable symptoms have disappeared. People around me comment on how well I look and I am feeling much better with increased and lasting energy."

Karen Larsen

Massage Therapist
Dip Therapeutic Massage
Dip Neuromuscular Therapy
Specialises in Therapeutic,
Neuromuscular, Sports,
Myofascial and Soft Tissue Therapy

"I filled out a questionnaire for an individual assessment and we went from there. With Merav's help, I introduced new and healthier options into my diet. I had to be very dedicated making up teas and natural medicines each day. The results were amazing! I feel that I am the healthiest I have ever been. I highly recommend Merav. I have used Merav's services for clients during pregnancy, postnatal care and also for their babies, for many different reasons. She has a caring disposition and is extremely knowledgeable in her field. She can be trusted as a practitioner."

Aunouska Myer

Independent Midwife (Nelson)
Specialises in pregnancy and
postnatal mother and child
medical care

Know freedom to get well, look well and stay well; with safe, life healing foods at lifehealingfood.com



Merav Reid is an Independent Medicinal Food Consultant with BBS, Science papers and Pharmacy Dispensary Assistant Qualifications. Her precision in individual assessment and total well-being is gained from 40 years research and experience. Merav's solutions of ethnopharmacy are quality, safe, specific, most appropriate per diseases and remove the pain of artificial chemicals for easier living. She sources international and in NZ the best Life-Healing-Food for her 'First Aid Wellness Store.' Merav is an encyclopaedia of information. She teaches you how to look after yourself.

So, get well, look well and stay well!

Life Healing Food Specialises in:

Ethnopharmacy: the scientific study of the use of the best food plants as medicines. — **Merav Reid**

Pharmacognosie: which is the research of the natural biological and chemical properties (the healing food essences) of all food and vegetation including – trees, plants, roots, seeds and leaves that when eaten sustain life. — **Merav Reid**



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You are what you Eat, Drink, Breathe, Use & Absorb
Merav Reid

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Drink, Breathe,
Use & Absorb !

Merav Reid

Life Healing Food Consultancy Centre (LHFcc)



Medicinal Food
Consultation Packages
+ First Aid Food Store

Current store hours vary
So contact us to visit
027 352 8131

Sunday 9 - 4pm
Monday to Thursday 9 - 5pm
Friday 9 - 4pm

lifehealingfood.com

Did you know food was, and still is, the best healing medicine?

Life Healing Food was and is the first source of pharmacy medications. At Life Healing Food Consultancy Centre (LHFcc) we use safe, original and organic, quality Life-Healing Food, for specific solutions. **We aim to correct the cause and origin of diseases and to prevent a problem resurfacing so you can get well, look well and stay well!"**

As complementary medicine we replace supplements with Life-Healing Food and reduce the need for medicinal medications.

Life Healing Foods are nice traditional healing combinations, naturally remove harmful chemicals, correct and protect the body from imbalances. You gain essential vitamins, minerals, nutrients to repair and restore your cells.

Learn about foods that prevent high blood pressure and weight problems. Know foods that solve the root cause of chronic and autoimmune diseases e.g. CFS, diabetes, hereditary diseases.

First Aid Medicinal Store

Our **medicinal all purpose store** has quality, safe, 'First Aid' healing food/teas/coffees, 'Green Prescription Recipes' and life healing body products. **Download** our PDF **Shopping List** and **Brochures** to get safe life healing food supplies at:
www.lifehealingfood.com

Health: 'Medicinal Food Consultations'

1. Short Emergency First Aid Package:

Immediate 'Life Healing Food' answers given in person/phone/skype). Charged by time used e.g. Minimum time 10 mins at \$20.

2. Regular Check-up Package:

30 minute consultation for \$60.00; with a 30 minute follow up the following week for \$60. Plus, weekly phone call's if needed, charged by time taken, for example, 15 minutes would be \$30.00 ****This would suit a single health issue to be resolved.** It is reliant on you using daily 'Life Healing Food' with your feedback to solve problems

3. Life Consultation and Analysis Package:

You fill out a health analysis questionnaire and daily food plan diary. We offer **life solutions** with a thorough analysis of your answers with a flat charge of \$60. Then, a first consultation is arranged, where you record answers, to take home. Approximately \$120-\$240 for a 1-2 hour consultation with a personalised food plan. One follow-up phone consultation for free. Your feedback and our on going support helps you **'Get well, Look well and Stay well'!**

****Some Client Specials**

1. Enjoy **free food tasting** and gain self-knowledge for life, with a Life Consultation Package.
2. Arrange a talk of at least 7 people and get a **half hour consultation free, worth \$60.**
3. Refer a **friend** for a consultation and you get a free refill first aid tea worth **\$17.50.**
4. Get more free offers for consultations, newsletters and store specials by emailing:
info@lifehealingfood.com

The Doctor of the future will give no medicine but will interest clients in the care of the human frame, in diet and in the cause and prevention of disease.
(paraphrased) — **Thomas Edison**

Imagine Enjoyable Healthy Living!

Benefits

- Enjoy the nicer taste of healing food
- Remove and counteract the cravings of chemicals e.g. tobacco, caffeine, alcohol, processed artificial foods
- Know effective 'First-Aid teas & Foods'
- Live without dieting or guilt
- Understand your unique body
- Correct and protect your health
- Reversal and repair of disease
- Improve immunity and well-being
- Feel well, look good and younger
- Develop new healthy cells, nerves, bones, skin, tissues and organs
- Gain self knowledge for life
- Use easy healing food recipes
- Promote your own vitality
- Understand life-long solutions
- Reduce your health and living costs
- Have your questions answered
- Feel nourished and satisfied

Life Healing (Rongoā-Medicine) is food with healing plant essences. It is unrefined, whole, healthy, and closely resembles the state in which it originally and naturally grows.

