

## Benefits of Our Products

### Vegi-Delite & Raw Sauerkraut

- \* ENZYMES and LACTOBACILLUS (including ACIDOPHILUS) for LIFE!
- \* Fresh & Organic
- \* High Fiber & Low Fat

### Raw Nut & Seed Butters

- \* Organic (except Hempini Hemp Seed Butter, which is pesticide-free)
- \* Low-Temp Ground
- \* Natural Vitamins & Minerals
- \* Essential Fatty Acids (EFAs)
- \* No Trans Fatty Acids (TFAs)
- \* Freshness Dated

### Raw Chocolate Spreads

- \* Made from fresh, raw organic Nut and Seed Butters and Oils
- \* Natural Vitamins and Minerals
- \* Freshness Dated

### Raw, Low-Temp Processed Oils

- \* Raw, Organic & Unrefined
- \* Essential Fatty Acids (EFAs)
- \* No Trans Fatty Acids (TFAs)
- \* Oils never exceed 90 to 115 degrees

## Our Vision for World Peace and Harmony

As we consume Raw Cultured Vegetables and experience the peaceful soothing of our digestive tracts, we experience the natural enhancement of our microecological balance, which in turn enhances an inner peace. We can see this peace extending exponentially in all directions. This includes cloaking our entire personal being with so much peace that our communications and relationships with our family, friends and associates are saturated with peace and harmony.

Peace and harmony begins with individuals and then extends to cultivate harmony among our communities, cities, countries and ultimately across our entire planet. We cultivate a peace

that in turn cultivates a worldwide effort to protect the earth's natural resources and ecological balance. We can imagine people of the world (and especially leaders) making decisions that correspond with an orientation toward peace that we're all experiencing from the Raw Cultured Vegetables microecological and ecological balancing propensities.

And we can see this image so clearly and strongly that we realize its power is cultivating a peaceful orientation in people who have yet to eat Raw Cultured Vegetables. They're being swayed toward more peace from the phenomena of the enhanced peaceful feeling that is in the air that many others are experiencing, expressing, feeling and conveying.

War and conflict have been part of the human condition throughout history. There are three main causes of war within societies: the acquisition of land or territory, the accumulation of wealth and/or the achievement of greater power or control. Because of this, our world has had to endure blood and horror since its beginning.

In contrast, most societies have adopted a universal philosophy that, if practiced consistently, could reduce or even eliminate large scale conflict. That philosophy, sometimes called the Golden Rule or the Ethic of Reciprocity, teaches that if people will treat others in the same manner they would like to be treated, then each human being would be respected and each society would seek peace and harmony over hate and conflict.

The Ethic of Reciprocity could be the common ground that brings all countries, societies, religions, and cultures together in support of harmony and world peace.

- Bible, Matthew 7:12: Therefore all things whatsoever you would that men should do to you, do you even so to them: for this is the law and the prophets.
- Book of Mormon, Mosiah 23:15: Thus did Alma (the prophet) teach his people, that every man should love his neighbor as himself, that there should be no contention among them.
- Buddhist Writings: Udana-Varga 538: Treat not others in ways that you yourself would find hurtful.
- Confucius: One word which sums up the basis of all good conduct. . . Loving kindness. Do not do to others what you do not want done to yourself.
- Dalai Lama: Every religion emphasizes human improvement, love, respect for others, sharing other

people's suffering. On these lines every religion had more or less the same viewpoint and the same goal.

- Hindu Writings, Mahabharata 5:1517: This is the sum of duty: do not do to others what would cause pain if done to you.
- Kant: Act as if the maxim of thy action were to become by thy will a universal law of nature.
- Mohammad, Number 13 of Imam "Al-Nawawi's Forty Hadiths.": Not one of you truly believes until you wish for others what you wish for yourself.
- Plato: May I do to others as I would that they should do unto me.
- Socrates: Do not do to others that which would anger you if others did it to you.
- Torah, Vayikra (Leviticus) 19:18: Thou shalt not take vengeance, nor bear any grudge against the children of thy people, but thou shalt love thy neighbour as thyself.

## Rejuvenative Foods

P.O. Box 8464  
Santa Cruz, CA 95061  
(800) 805-7957  
[www.rejuvenative.com](http://www.rejuvenative.com)  
[www.rawoils.com](http://www.rawoils.com)  
[www.cocoadream.com](http://www.cocoadream.com)

E-mail: [mail@rejuvenative.com](mailto:mail@rejuvenative.com) or click on "mail" tab on the other web sites.

You can find our e-mail addresses for each of our product lines on our web sites.

*What are the possibilities?*

*How can it make a difference?*

## Our Mission Statement

For over 25 years, Rejuvenative Foods has been committed to providing the highest quality products, produced by using whole foods to offer the most life energy possible. We are passionate about promoting the health benefits of Raw Cultured Vegetables, Raw Nut and Seed Butters and Raw Oils.

Experience the inner peace and harmony that can come when you incorporate our products into your diet, feeling the natural enhancement of your microecological balance, which will enhance your inner peace and happiness.

## Raw Cultured Vegetables

Raw Cultured Vegetables provide an excellent self-rejuvenating source of non-dairy lactobacilli, including acidophilus and lactobacillus plantarum, important for the maintenance of healthy intestinal flora and the alleviation of digestive disorders.

Our Raw Cultured Vegetables come in three categories: Vegi-Delite and Raw SauerKraut, Kim Chi, and Cultured Live Salsas.

Raw Sauerkraut is cultured fresh cabbage and comes in two varieties, dill and sea salt. Vegi-Delight adds beets carrots and garlic to our Sauerkraut.

## Raw Cultured Vegetables

Kim Chi is a cultured vegetable medley originating from Korea and contain fresh cabbage, carrots and onions and come in either salted or salt free varieties. Flavors range from our Garden style and Caraway to our Sea Vegetable Kim Chi.

Fresh Cultured Live Salsas contain fresh cabbage, onions, peppers, cilantro, lemon juice and Celtic Sea Salt® come in 3 flavors (Red: with fresh tomatoes and beets, Green: with fresh tomatillos and Golden: with tomatillos and carrots).

## Raw Nut & Seed Butters

Organic Almond Butter (raw almonds)  
Chunky Almond Butter (raw almonds)  
Organic Pistachio Butter (raw pistachios)  
Organic Halvah (raw hulled sesame seeds & organic raw honey)  
Organic Tahini (raw hulled sesame seeds)  
Organic Luscious (raw almonds, sesame & sunflower seeds)  
Hemp Seed Butter (raw hulled hemp seeds)  
Organic Cashew Butter (raw cashews)  
Organic Sunflower Butter (raw sunflower seeds)

## Raw Nut & Seed Butters

Organic Pumpkin Seed Butter (raw hulled pumpkin seeds)  
Brazil Nut Butter (raw brazil nuts)  
Black Sesame Tahini (raw black sesame seeds)  
Hazelnut Butter (raw hazelnuts)  
Pecan Butter (raw pecans)  
Pecan Pie in a Jar (raw pecans, dates, almonds, cardamom, nutmeg, cinnamon)  
Ambrosia (almonds, pistachios, coconut, raisins, pecans, hazelnuts, sunflower seeds, black sesame seeds, poppy seeds, tahini, honey, nutmeg, cinnamon)

## Raw Chocolate Spreads

100% Organic Chocolate Dream (cocoa powder, fresh raw tahini, honey, sunflower oil)  
Luscious Chocolate Dream (cocoa powder, Rejuvenative Foods Luscious: [sunflower seed butter; almond butter, and tahini], honey, sunflower oil, extra virgin olive oil)  
Organic Chocolate Spread (cocoa powder, Rejuvenative Foods Organic Almond Butter, sunflower oil, honey)  
Honey Flax Hempini Cocoa Dream (Refrigerated) (cocoa powder, Rejuvenative Foods Hempini: hulled hemp seed butter; almond butter, tahini, honey, sunflower oil, extra virgin olive oil)  
Dutch Cocoa Almond Spread (Dutch cocoa powder, Rejuvenative Foods Organic Almond Butter, sunflower oil, honey)

## Raw, Low-Temp Processed Oils

Organic Almond Oil (raw almonds)  
Organic Poppy Seed Oil (raw poppy seeds)  
Organic Evening Primrose Seed Oil (raw evening primrose seeds)  
Organic Sesame Seed Oil (raw hulled sesame seeds)  
Organic Sunflower Seed Oil (raw sunflower seeds)

## Money Back Guarantee

Rejuvenative Foods is so confident that you will feel better and experience a change in your overall health that we offer you a Money-Back Guarantee on all of our products. If you do not experience these health changes after eating our Raw Cultured Vegetables, our raw, low-temperature ground nut and seed butters or any of our other products, simply contact us for a free replacement jar of the same flavor or any other flavor. Also we request information regarding the jar lid date and identifying numbers of the product which was found not satisfactory.

## Recommended Reading

The Maker's Diet  
by Jordan Rubin  
Body Ecology Diet  
by Donna Gates  
Healing with Whole Foods  
by Paul Pitchford  
Detoxification  
by Linda Page, N.D., PhD  
Conscious Eating  
by Gabriel Cousins, MD

