

## Live Foods Presentation at Jandi's Natural Market to Feature Dr. Gabriel Cousens

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**Warwick, Sep 27, 2019 ([Issuewire.com](http://www.Issuewire.com))** - Local organic wheatgrass and microgreen farmer, Perfect Foods, and world-renowned raw vegan leader, Dr. Gabriel Cousens, will come together to teach the community about the benefits of living foods, which foods are best, and how to implement them in one's diet, at Jandi's Natural Market (Oceanside, NY) on Thursday, October 17, 2019.

Cousens is coming all the way from Israel to speak in Oceanside Long Island about the latest in veganism. Dr. Cousens will discuss the many benefits of live food nutrition, including enzymes, phytonutrients, and bio-photons. "Learn not only how live foods work therapeutically to cleanse and balance the body, but also how they can upgrade genetic expression to prevent disease and increase the quality of life. Discover why live foods and wheatgrass juice are the choice foods for those who desire enduring, radiant health," according to Rebecca Matsil, Perfect Foods marketing manager.

Jandi's Natural Market, 3000 Long Beach Rd., Oceanside, NY 11572, JANDI'S is an independent health grocery/food store that has been serving organic, non-GMO foods since 1976. They offer a 100% organic produce department, a full-service organic and non-GMO deli serving a menu from juice & smoothies to salads & burgers, vitamins and supplements, and much more.

Perfect Foods <https://www.800wheatgrass.com/> is the world's premier grower of USDA certified organic wheatgrass and wheatgrass juice, considered to be one of the most nutritious foods. It is a green juice

made from young wheat (about 7-10 days old) which is then juiced in a wheatgrass juicer and consumed as a superfood. Wheatgrass contains hundreds of nutrients all in the right proportions for what the body needs. Thousands of health-conscious people drink wheatgrass juice daily for its health benefits.

Gabriel Cousens, the “liberated vegan from Eden”, is the author of thirteen internationally acclaimed books including *Spiritual Nutrition* and *Creating Peace by Being Peace*. Known worldwide as a spiritual teacher and the leading expert in live, plant-source nutrition, Dr. Cousens functions as a holistic physician, psychiatrist, family therapist, and cutting-edge researcher on healing diabetes naturally. He holds an M.D. from Columbia Medical School, a doctorate in homeopathy, and diplomas in Ayurveda, and holistic medicine. His multicultural background as an ordained rabbi, an acknowledged yogi, and a four-year Native American Sundancer, adds insight to his “whole-person enlightenment” teachings. Dr. Cousens is the founder and director of the Tree of Life Foundation.

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