



*"If we continue to ask
the wrong questions, the
answers will never matter."*

Thomas Pychon

ASKING THE *RIGHT* QUESTIONS



TOM FRAZIER is a Personal Lifestyle Coach and Living Food Chef with more than 15 years of experience helping others look at every single aspect in their life. He will work with you one-on-one to help you answer one simple question: "What can I do to improve my health and find more joy in life?"

As a lifestyle coach, classroom instructor and trusted personal advisor, Tom can provide the direction and motivation you need, as well as teach you necessary skills to help you achieve your individual goals, through:

- Personal Lifestyle Evaluation
- Personalized Lifestyle Coaching
- Food Preparation Courses
- Home analysis

*"I will look at every
single thing you do in
your life – expecting to
change it."*

Tom Frazier

Tom looks at 3 elements of change:

1. **EATING** – what are you putting into your body?
2. **LIVING** – are you living in a toxic environment? What household products are you using?
3. **THINKING** – are you always angry or depressed? Is your life stressful?

*"Where there is pain,
there is acid. Acid
develops by food,
thoughts and lifestyle"*

Tom Frazier

Tom Frazier Personal Lifestyle Coach/Living Food Chef

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10 Reasons Why You Should Eat Raw Foods?

"My food choices are my HMO."

Tom Frazier

- Cooking is an unnatural process that destroys vital nutrients, particularly enzymes, which the body has difficulty producing on its own.
- Discarded health insurance cards, diseases in remission, slimmer physique – all being attributed to raw foods.
- Tasty, simpler cuisine – thousands of recipe books available with appetizing meals winning converts daily.
- Raw foods are better quality, therefore, you eat less to satisfy your nutritional needs.
- Eating raw plant food radically naturalizes you and puts you back in touch with the material and flow of nature.
- Raw foods have more flavor than cooked foods so there is no need to add salt, sugar, spices and other condiments that can irritate your digestive system or over-stimulate other organs.
- Research suggests that eating a raw foods diet can reverse or stop the advance of many chronic diseases, including heart disease and cancer. Remember, cooking creates free radicals, which are the major cause of cancer.
- A raw diet can protect you from acute diseases, such as colds, flu, measles, etc. Raw foods maintain a healthy body and a healthy body will not become diseased.
- Eating raw foods saves you money on food, vitamins, doctor bills, drugs and health insurance.
- Raw food eaters have more energy and stamina. Food quality directly determines our physical and mental performance abilities.

**Call today to set up a personal meeting.
There is NO CHARGE.**

Tom Frazier

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