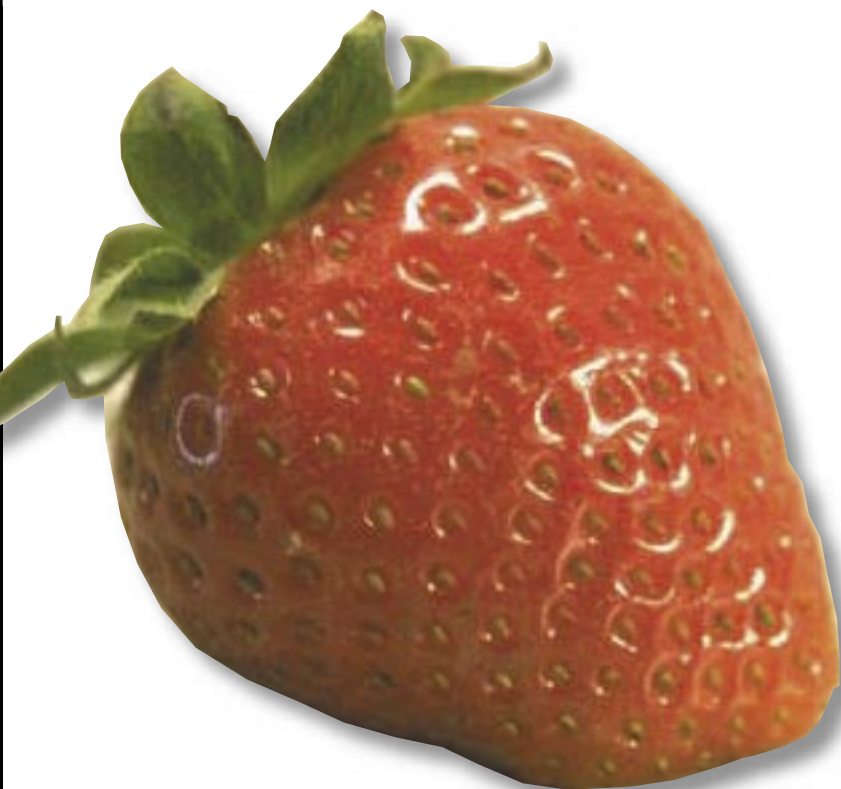


- Nutrition for health
- Herbal medicine
- Life change coaching

# Tranzformations

Enjoy better health and a better life

Liz Copeland's newsletter  
July 2007



## Eat and Enjoy

Take a strawberry.

Admire its shape

Its architectural structure

Its colour

The shine of its skin

Smell the fruity, strawberry aroma.

It's the smell of summer.

Bite into the fruit.

Smell it, taste it, feel its texture...

And enjoy!

Have a great summer. And a healthy one.  
See you in September.

*Liz*

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