

Live Better Seminars

Session Application (enter date requested): ___/___/___ to ___/___/___

First Name: _____

Last Name: _____

Home Phone: _____

Email Address: _____

Street Address: _____

City: _____ State: ___ Zip: _____

Occupation: _____

Height: _____ Weight: _____

Gender: M / F Birth Date: ___ / ___ / ___

Spouse's name: _____

Primary physician: _____

Physician's phone: _____

Who should we contact in an emergency?

Name: _____

Relationship: _____

Phone: _____

If your spouse is attending, do you prefer? _____

Queen Twin Beds Either

I plan to travel by: Car Plane Other

Special Request: _____

My health challenges include:

Asthma _____

Arthritis _____

High Blood Pressure _____

Fibromyalgia / Lupus _____

Diabetes Type I Type II _____

Treatment: None Oral Insulin _____

Heart Disease (treatment): _____

Cancer (type): _____

Allergies: _____

Other illness, disorders? _____

List the food allergies to, if any:

Former smoker Current smoker _____

I consider my present health: _____

Excellent Good Average Poor

If you cannot walk without assistance, please explain why: _____

At one time I can walk about:

very little 1/4 mile 1/2 mile 1 mile plus

Any other mobility or sight restrictions? _____

How did you hear about the Live Better program?

TV Radio Web Former Participant

Other _____

Please complete this application and mail to Live Better Seminars, 2014 Clemons Rd., Rice, WA 99167. Include a \$295 deposit for each guest, payable to Live Better Seminars (check, credit card, etc.). Discounts will be applied at registration on the remainder. Please note that \$100 of each guest's deposit is non-refundable if cancellation occurs within two weeks of the program start.

Program fees: \$645 total cost per person, \$50 discount for spouse and earlybird discount of \$50 each if 4 weeks in advance.

Amount enclosed or deposited \$ _____

Deposit made by credit card: Visa MC

Card # _____ Exp. ___ / ___

3-digit Credit Verification Code (CVC): _____

I HAVE READ THE APPLICATION AND AGREE THAT ALL OF THE INFORMATION PROVIDED HERE IS TRUE AND CORRECT. I FURTHER UNDERSTAND THAT LIVE BETTER SEMINARS DOES NOT PROMISE OR GUARANTEE ANY CURE FOR ANY AILMENT OR DISEASE. I AGREE TO PAY THE FULL PROGRAM AMOUNT BEFORE OR UPON ARRIVAL.

_____/_____
Signature of guest / Date

The closest commercial airport is Spokane, WA. Let us know details of your arrival—we can arrange shuttle service on registration day.

Plan to arrive at the Retreat Center anytime after 3:00 p.m. on Sunday not later than 4 p.m. No lunch will be served. Registration is from 3:00 to 5:00 p.m. at the lodge (see sign). The first class begins at 5:00 p.m. A light supper will be served at 6:00 p.m.

Nights are cool in May and September and the days are usually warm. Bring casual wear and be prepared for outdoor walking. The cabins are heated and have washer/dryer facilities. Bedding and towels are supplied—bring your own toiletries and a flashlight. Guests assist in lunch and supper preparation including a sack lunch on Friday when the last class is finished at 11:00 a.m.

For directions, goto www.seven-secrets.org and select "registration" and download and print page 2 of this application. At registration you will receive a syllabus with the seminar lectures. As needed, contact us at 509 738-4070 or cell: 775 250-8497 or director@livebetterlivelonger.org. See page two for directions to the Retreat Center. There is a no-pet policy and smoking is not allowed. If you are a smoker, come join us and we'll be happy to help you quit for good!

Space is limited to 16 guests. To hold a reservation mail this application early. You will receive an email confirmation with a map and travel directions to the retreat. Call 509 738-4070 if you need additional information.

Live Better Residential (Live-in) Seminars have been conducted by the Bracketts and their teams for over thirty years. Various venues have been used in the USA and overseas but they are pleased that these are now offered on their idyllic property north of Spokane, Washington west of Colville, and just east of beautiful Lake Roosevelt.

Jim Brackett, seminar director, was a physics teacher with graduate degree, but some years ago returned to graduate school to obtain a master of public health in nutrition. He has been lecturing around the world ever since and he and his wife Neva have conducted seminars in better living in literally hundreds of locations.

Neva Brackett is the author of three vegetarian cookbooks, the first, ***Something Better***, was published in 1979 and was in print until the late '80's. In the early '90's they opened two vegetarian restaurants in Seattle, the most widely known of which was the Five Loaves Deli and Bakery. From the favorite recipes of serving the public for ten years came ***Best Gourmet Recipes from the Chefs of Five Loaves Deli and Bakery***, more widely know as "the Five Loaves Book." Finally, in the spring of '06, ***The Seven Secrets Cookbook*** was published. As of the summer of 2012 over a quarter million have been printed.

Neva's gift to make healthful food taste delicious is legendary among the hundreds of thousands who ate at the Seattle restaurants over ten years and among the scores of thousands who have attended the seminars she and her husband have conducted.

Directions:

- 1. Use a Washington map to get to Rice, WA, about 15 miles south of Kettle Falls on highway 25.**
- 2. At Rice turn east on the Orin-Rice Rd. (away from lake) 1 mile to Tate Rd.**
- 3. Turn south (or to the right) on Tate (set your odometer to zero).**
- 4. In one mile, stay left at the Y, (you are now on Clemons Rd.)**
- 5. Go one half mile and at the top of a climbing portion where the road levels out, notice (but don't turn into) the driveway to the Lodge like a Y to the right labeled 2014 on a gate post (our address on Clemons Rd.)**
- 6. To get to the chalets, see the next driveway with Roosevelt Ridge Retreat log entry gate straight ahead about 50 yards (exit right) which leads to the chalets easily seen from the road. Follow this 2nd driveway past the chalets to the lodge for registration.**

If you plan to drive 395 north from Spokane, a route shorter than #25 at Kettle Falls is as follows: Two miles south of Colville, turn west (left) on the Orin-Rice Rd. Zero your odometer. In 1/2 mile turn right at the T, in 1/4 mile turn left at the T (still on Orin-Rice). At 15 miles, turn left on Tate--see above.

The Live Better Seminars conducted on their Washington property offer hope for recovery and healing to most "Western" diseases such as hypertension, heart disease, type 2 diabetes, obesity and many others. It is a simple program of activity (mainly walking) and learning to use only unrefined plant source foods. A physician is always on staff for the seminar. Neva, with help from the guests and other volunteers, prepares the meals and Jim and the physician bring the lecture/discussion topics. A syllabus with all the lecture material is provided. Numerous articles on the topics presented are available in pdf format.

Guests at the seminar need to bring walking clothes and shoes for the trails on the wooded property. Most of the guests will be staying in one of the three Chalet-homes which the Bracketts have built on the property: Cozy One, Quiet Two and Majestic Three. Each has two bedrooms, with either a queen double or two long-twins (which can be placed side by side to make a king) and two have lofts where long twin beds are available. Bedding is available to make two long twins into a King. RV spaces may also be available.

Smoking is not permitted but we will help you quit if you are a smoker. There is a no-pet policy (for exceptions, contact us beforehand).

Wi-fii internet is available and unlimited long distance to the 48 states is available at the lodge. Cell phones work to within about 1/2 mile of the Center but don't work on the property. If you use ATT, a "micro-cell" will give reception in and around the lodge -- ask to have your number registered to make it work.