

# Thrive Life



I'm a farmgirl. With overalls, pink gloves and muddy boots. My tools are rusty buckets, sharp hoes and wheelbarrows. Chore time involves gathering eggs, milking goats and mucking barns. My organic gardens are planted flat in the ground, in raised beds and in long rows in the high tunnel. Why in the world would this organic farmgirl want to use and convince you to use FOOD FROM A CAN?

I'm also an herbalist. As an herbalist, I teach others the BEST way to have the BEST herbs and food is to use it AS CLOSE TO THE GROUND AS POSSIBLE. This simply means, pick it: use it. The more "STUFF" that is done to the food, the more nutrients it loses. The more time that elapses between picking and eating, the more nutrients it loses.

By this definition, grocery store food is automatically eliminated considering the LARGE time elapse between picking (washing, storing, traveling, shelving, buying, home refrigerator) and eating.

And, I'm sad to say also, that by this definition, unless I pick and eat my garden produce at least in the same day (better if in the same hour) it, too will loose nutrients.

Because THRIVE LIFE FREEZE DRIES the food at the very moment of peak freshness, the nutrients are captured like tiny little time capsules. When the food is consumed, the nutrients are all there just waiting to enrich your life. Even my gardens cannot compete with this.

I'm only producing great organic, non-GMO foods a few months out of the year. And, as much as I love to can, so many nutrients are lost in the processing.

THRIVE LIFE not only offers me and my family convenient, nutritious, safe and healthy food free of preservatives and chemicals for today it is offering me food for tomorrow as well. The long shelf life is an answer to food storage prayers. So, whether it's today or tomorrow, THRIVE LIFE can feed and nourish me and mine.

I also teach classes. I teach folks how to use herbs, how to garden, how to raise animals holistically. With THRIVE LIFE I can teach others how to keep on their food budget while they establish LONG TERM FOOD STORAGE to see them through the unforeseen calamites of life. It's important to me to be able to share what I believe in.

I believe in THRIVE LIFE!

