



The Three Sisters
Corn * Beans * Squash

Three plants grow in the same soil, in the same sunlight, sharing the same air. Corn pushes skyward, carrying her sister, the entwined bean plant, with her as she grows corn. In turn, beans nourish the soil and strengthen the third sister, squash, who uses her broad leaves and spiny vines to protect them all.

When we live together as well as these three sisters, in harmony and enduring peace with our neighbors, with the animals, and with the earth, the world will be a better place. In the short time we have on earth, we dedicate ourselves to this ideal. -Author Unknown-

Returning to an ancestral plant-based diet is a way to reclaim our health... Lois Ellen Frank, PhD, Food Historian, Santa Fe, NM, Physicians Committee for Responsible Medicine, Washington, D.C.

Come Be a Wellness Warrior and help eliminate diabetes in our community!

Only qualified candidates will be accepted into the program—those who are sick and tired of being sick and tired, and:

- 1) Are committed to making the necessary changes in order to erase their diagnosis
- 2) Are willing to adjust their attitudes when leaning toward negativity
- 3) Will promise to love and honor themselves as worthy people who deserve good in their lives
- 4) Have support, not resistance, from their family and friends
- 5) Will promise to pay this knowledge forward after their health is improved.

Wellness Warriors Project

...working to bring you a choice...

BASTIS Foundation

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(505) 783-9001 ~ www.bastis.org

Our Current Wish List: *Website service *Laptop *Hoophouse
*Building materials *Gardening supplies *RV (Lecture/Travel)
*4X4 vehicle *ATV *Tires *Trailer *Rainwater Capture Tanks

Wellness Warriors Learn:

- What's the immune system all about?
- How the body responds to organics vs. gmos
- How a plant-based diet can help reverse disease
- Basic causes of most dis-eases
- Why blood sugar and insulin levels tend to 'go crazy' and how to balance them
- How to eliminate underlying causes of dis-ease
- Hands-on cooking classes with foods straight from R&B Organic Garden



- Organizing meals for the best assimilation
- Healthful substitutes for harmful foods
- Shopping trips to read labels
- Working with attitude adjustments
- Learning to read the body's signals/complaints/warning signs
- Oxygen's effects on the body
- Exercise protocols
- Techniques for re-energizing the body and mind...
- ...and more



Contact Ron at (505) 783-9001 or ron@bastis.org to schedule a lecture, seminar or workshop for your group or organization.



BASTIS Foundation

WELLNESS WARRIORS PROJECT

BASTIS Foundation, a nonprofit educational health research foundation, formulated a 3 Steps to Vibrant Health program over 30 years ago for people who made a commitment to themselves, loved themselves enough to make the change that could alter their life course, and eradicated—not managed—not only diabetes, but multiple sclerosis, fibromyalgia, crippling arthritis, cancer, and other life-challenging conditions by building and strengthening the immune system.

Our Philosophy: **KNOWLEDGE** is Power. Applying that knowledge will empower you.

Our Mission: To offer an **EMPOWERING FOUNDATION OF KNOWLEDGE.**

Our Commitment to You: To provide you with a **CHOICE!**

Wellness Warriors know that knowledge is power, and they choose to apply that knowledge.



Are you a Wellness Warrior?



How can we stand by and do nothing when over 25% of children in this country are experiencing some form of an adult disease—diseases that usually occur in someone over the age of 50—heart disease, cancer, arthritis and diabetes, at alarming rates? We’re all susceptible to these illnesses unless we make some changes now, rather than later.

Scary Facts:

1. Most choices are fast and budget-driven.
2. Although Benjamin Franklin said, “One should eat to live, not live to eat,” we started living to eat when addictive chemicals entered the food chain.
3. Over 70% of foods consumed in America are processed, full of artificial additives, sugar, salt and hydrogenated fats..
4. Every 7 minutes someone is diagnosed with diabetes, and our band-aid treatments are not working.
5. The biggest drawback to succeeding in regaining health is lack of support from family, friends and the community.

We need to pursue justice for the vulnerable and exploited, and help rewrite the recipe for a healthy life for our community if we want to remain hopeful for our future. Too many people are digging graves with their forks due to lack of knowledge. Prevention is the key to living a joyful, pain-free life. Our common goal is to educate children and their parents about the dangers of processed foods and how the use of live foods can change this course of health demise.

If you’ve been diagnosed with diabetes or any other debilitating, life-threatening disorder, it is possible to turn it around and even eliminate your condition in many cases. If you’ve been told it’s not curable and you can only manage it with meds, don’t believe it. You DO have a choice!

“I feel great. I’m cancer-free, and they told me my 52-year-old body now has the liver of a teenager. Thank you for throwing me the lifeline that brought me back, Wellness Warriors Project.”Evelyn B.

