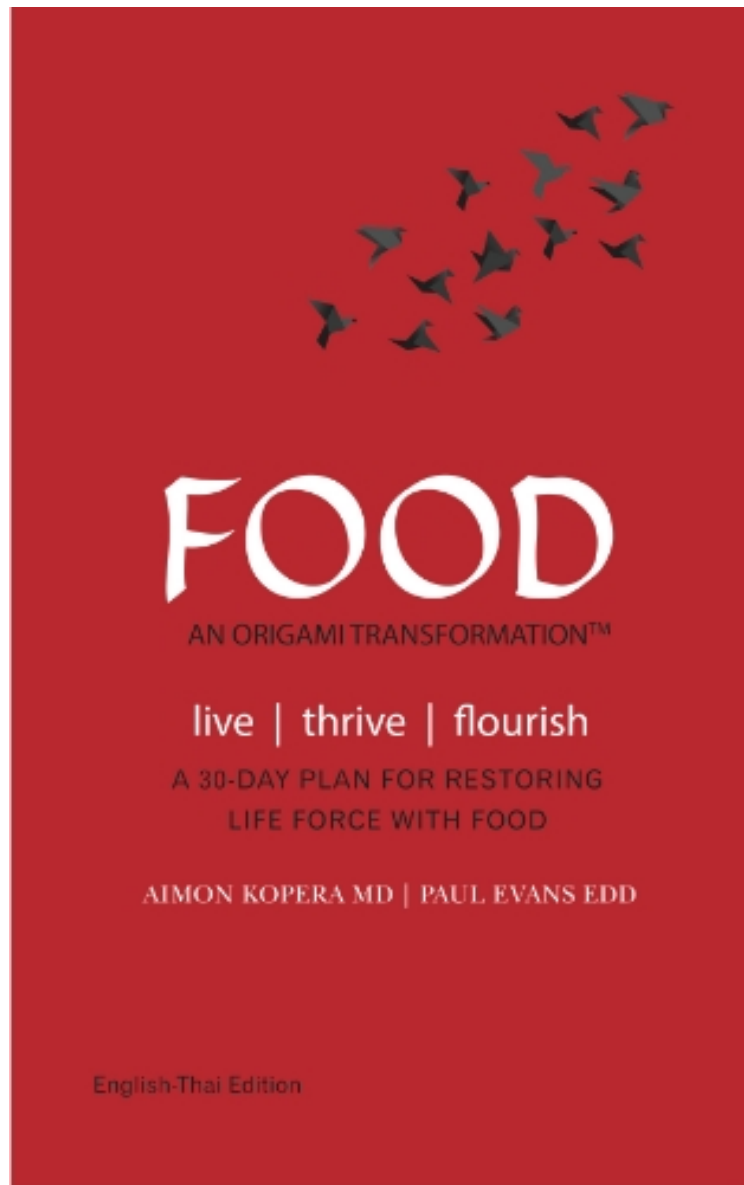


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## FOOD, an Origami Transformation™

*Aimon Kopera MD and Paul Evans EDD*  
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**Aimon Kopera MD and Paul Evans EDD : FOOD, an Origami Transformation™** before purchasing it in order to gauge whether or not it would be worth my time, and all praised FOOD, an Origami Transformation™:

0 of 0 people found the following review helpful. Simple yet but powerful By Tip Leeyakas I have learned a new terminology from this book - Life Force Food food that is fresh and alive with life force. I realized that it is a little different than the concept of raw food because you think of the food differently. You begin to better understand food and can pick food that has the most life force. And not all the food preparation requires raw food, some is lightly

cooked which still preserves the food's life force. The menu is kind of simple, nothing fancy which is perfect for some one who wants to get started. The book also says that we don't need to do exactly as outlined in the 30-Day Plan, we can modify to make it suite each person's lifestyle. I like that. I started with breakfast with my family and soon will add lunch; hopefully by the time we get used to this approach we can adopt the whole program. Just the thought of trying something healthy and beginning to eat better food makes our family feel better about our food habits. 0 of 0 people found the following review helpful. Healthy inspirations for the whole family By Mai Harris I am a meat eater by habit and culture. My birthday is coming soon and I realize that I want to prepare something different for my family that is healthy and can help my daughter learn the value of all types of food. I am grateful that the message from Food, an Origami Transformation came to me just at the right time, like it says on the book cover, it is a synchronicity. Using one of the ideas of the book, my daughter and I folded our own Origami and we put it in the kitchen to remind us to eat healthy food. My daughter got so excited and told everyone at the dinner table that the Origami Bird no longer eats bad food! Only good food like we were eating. I feel that this book has influenced me to think about healthy food in a new way and how I can make a positive impact on my family and others though the food we eat. 0 of 0 people found the following review helpful. An eye opener By Felipe Becoming a vegetarian gave me the knowledge that plants can be used both as medicine and food is one that I feel is essential to good health. Plant resources in traditional societies, especially wild greens, are used as food and medicine. The gathering or cultivation, preparation, and eating of Life Force Food are a part of a cultural heritage that we could be in danger of losing globally in our post industrial society. I think this book is way beyond a book about food: it is a book about our relationship with plants and their life force. It provides valuable lesson that must be relearned if we are to survive in the 21st century.

Food, An Origami Transformation is a new book that tackles the growing chronic illness epidemic by encouraging consumers to begin a different relationship with, and understanding of, the food they eat. Because chronic illness is a global problem the book addresses it as such through multilingual contents (this edition is printed in English and Thai, under the same cover) and will be followed by Korean, Chinese, French, Spanish, Italian, Swedish, Dutch and German editions. The book is designed to be accessible to all readers and to bring them along just a little way at a time. Aware that most of us need a reminder to change our habits, the book suggests that readers create their own Origami Bird to serve as a guide and helper as they form a new way of thinking about food and the Life Force it enables. Origami Transformation Books are for everyone wanting to find out more about wellness and prevention and what they can do to help themselves live, thrive and flourish. They are available worldwide in multiple languages and are a part of the Origami Transformation Book Series. From the Introduction of FOOD, an Origami Transformation Book™: To a great extent, what we eat determines how we feel and live, how long we live, and how much energy we have. In this book you will meet our friend The Origami Bird. Here the Origami is a symbol of any annoying habits and the parts of our character that we would like to re-fold, remake, or change Our Origami Bird is also a symbol for transcendence and liberation. She helps us escape boundaries and limitations. She is a symbol for progress towards wholeness and harmony. In the book we outline a 30-day plan with pre-set food selections, all the while taking into consideration precise food combinations. It is best to think of this book as a plan for life and wellness, not a diet plan. It is a starting place for a new way to think about food, what you eat, why you eat it, when you eat, and how you prepare food. FOOD, an Origami Transformation Book™ is a consumer's map for how to begin the journey and stay on the road to wellness and prevention. It is intended as a guide to the miracle of the biochemistry of life and how to appreciate and enjoy the gift of food.

About the Author AIMON KOPERA MD Dr. Aimon Kopera, Chief Health Scientist of the International Research Institute for Wellness and Prevention, serves as principal investigator of health research and directs protocol development and food assays. For over 20 years Aimon has been involved in global health initiatives. Early in her career she served in the International Medical Relief Operation under the United Nations. Her health science focus is based on knowledge and experience of Western Medicine and Eastern approaches to wellness and the importance of Qi or life force, the vital energy that life carries. She uses emerging technologies to monitor and assess life force energies and intervention protocols. A master level Tai Chi Qigong practitioner, her expertise applies internal arts of meditation, visualization and contemplative practices, as well as, life force food science for weight reduction, wellness and health restoration. An experienced businesswoman and entrepreneur, Dr. Kopera envisions new value added models for preventive health care. PAUL EVANS EDD Trained as a psychologist, researcher and software designer, after graduate school Dr. Paul Evans became a researcher and writer at the National Science Foundation (NSF) and wrote Science and Technology reports for Congress and the Executive Office of the President. Following NSF, at IBM he was on the team that launched the first IBM PC and was responsible for IBM's Digital Publishing Studio. For IBM's global education initiatives he developed technology based literacy programs to teach children and adults to read and write. After IBM, at EDS (now, Hewlett Packard) and AT Kearney he was consulting Partner on Internet and Electronic Commerce; and later, Executive Vice President Worldwide at the NYC advertising powerhouse Young and Rubicam, where he was in charge of YR's digital strategy and Marketing Lab. He is CEO of the International Research

Institute for Wellness and Prevention. His current interests are science, emerging technology and accelerated human potential.