

LIVING FOODS

Health, Beauty, and Environmental Benefits

Presented by: I Made Runatha





I MADE RUNATHA

**FOUNDER OF MOKSA
PLANT BASED RESTAURANT**



WHAT ARE **LIVING FOODS?**

Living foods are fresh, unprocessed, plant-based foods rich in natural enzymes and probiotics.

These foods retain their vital nutrients because they are raw or only gently fermented.



SUSTAINABLE LOCAL PRODUCT:





Fillet Steak



**Crispy Tofu Gulai Steak
with Sweet Potato & Rainbow Coleslaw**



Avocado Toast



Garden Ballontine



Jack Schnitzel



Tomato Carpaccio



Lemon Jack Red Curry Rice Bowl



Protein Rich Satay



HEALTH, BEAUTY & SUSTAINABLE ENVIRONMENT

What you eat directly affects both your internal health and outward appearance.

GLOWING COMPLEXION

Greens and vitamin C help reduce inflammation and support healthy skin.

NATURAL HYDRATION

Fruits and vegetables help keep the body naturally hydrated.

GUT-BRAIN CONNECTION

Probiotics support digestion, energy and mood.

POSITIVE IMPACTS

FOR ENVIRONMENT

- Reduces carbon footprint and pollution
 - Uses less water and land resources
- Supports sustainable farming practices



FOR SOCIAL

- Encourages healthier communities
- Supports local farmers and businesses
- Promotes awareness of healthy living

FOR ECONOMY

- Boosts local agricultural economies
- Reduces long-term healthcare costs
- Creates demand for sustainable food industries







Living foods are a sustainable lifestyle choice that benefits our health, society, economy, and the planet. By choosing fresh, natural, and plant-based foods, we can create a healthier future for ourselves and future generations.



THANK
YOU