

Paul Harper

ND BHSc (USA, Europe, Australasia)

Currently consulting in Health Education in Europe, Paul is an established Naturopath, Nutritionist and graduate of The Hippocrates Health Institutes Health Educator program. An avid proponent of raw and living foods, he applies these principles both personally and professionally. His philosophy is to provide his clients with the means to regain and sustain ever increasing health and vitality, not merely to treat symptoms.

“Given the correct tools the body will heal itself. Enzyme rich, raw and living foods provide our bodies with the greatest means to heal and perform to our fullest potential. The aging process is dramatically slowed, even reversed, health is regained and a level of vitality only dreamed of.”

Read More

“With experience in both clinical practice and the hosting of residential client specific programs my passion is in meeting people where they are and working together to find practical solutions to enhance their health and lifestyle.”

An Associate Raw Chef of the Living Light Culinary Arts Institute and graduate of Vital Creations Chef Training, Paul incorporates both the therapeutic and sensorial elements of raw and living foods into his dietary programming.

His background in exercise science and as a competitive athlete lends a multi faceted approach incorporating client specific exercise therapy and super food based supplementation. Paul seeks to empower his clients through education and motivation so they may relieve their symptoms and take control of their health.

“I gain great pleasure in working with people of all ages and levels of health. From the chronically ill to athletes, the underlying principles are essentially very similar. We are working in enhancing recovery and restoring vitality to a body pushed to the edge of its capabilities. The results can be astounding.”

Outline of Services

Residential detoxification, rejuvenation and weight loss retreats

Programs are available from 1 to 15 clients. Programs are available from 1 to 3 weeks in duration.

- Client specific programs focussed on personal goals.
- Raw and living foods menus
- Juicing
- Personal consultations
- Live Blood Analysis
- Personalized whole food supplementation
- Exercise programming and facilitation
- Massage and other therapies
- Informative talks and practical demonstrations

Fitness Retreats

A focus on physical performance (Paul hosts retreats worldwide).

- Specific elements as above



Vital Creations, LLC Evolved Culinary Services

phone: (888) 276-7170 - fax: (360) 287-8048

www.rawchef.com - info@rawchef.com

Health Spa Program Establishment, Development and Support

Programs specifically designed and installed to spa/client goals

- Installation and development of goal specific nutrition programs
- Installation and development of goal specific therapy programs
- Guidance in goal specific culinary menu development
- Goal specific fitness center installation.
- Installation and development of goal specific exercise programs
- Staffing guidance and training

Corporate Health Programs

Raising productivity through time effective health strategies. A focus on the needs of the corporate environment

- Installation and development of Corporate Health and Education Strategies
- Installation and development of time effective exercise programs
- Nutritional consultation with In House catering
- Stress management with nutrition and lifestyle strategies
- Boosting energy with nutrition and lifestyle strategies

Personal Consultations

- Naturopathic/ Nutritional/ Living Foods
- Super food based supplementation
- Live Blood Analysis
- Personalised Treatment Protocols
- Exercise Programming



Vital Creations, LLC Evolved Culinary Services

phone: (888) 276-7170 - fax: (360) 287-8048

www.rawchef.com - info@rawchef.com