



SHARE new mexico™

Ann Wigmore Foundation

Living food is provided by nature, organically grown in its original, uncooked state. Live foods provide the body with the life-giving, easy-to-digest nourishment needed to strengthen the immune system. Seeds, grains, nuts, fruits and vegetables in their natural, uncooked state are the living food used to rebuild health - physically, mentally, and emotionally.

The classes, [programs and retreats](#) offered at the the Ann Wigmore Foundation® Retreat Center in sunny New Mexico are designed to ensure that each guest is offered a practical, general understanding of the many complementary facets of a [Living Foods Lifestyle® and its meal preparation](#)..

Details

Services

Food Employment & Training Alt/Traditional/Specialty Treatment

Locations

*PO Box 398
San Fidel, NM 87049*

Phone: (505) 552-0595

Parent Organization

Ann Wigmore Foundation

Sharing with humanity an atmosphere of peace, solace, and contemplation, combined with our knowledge and practice of Dr. Ann's teachings while supporting your body's natural healing intentions.

*PO Box 398
San Fidel, NM 87049*

Phone: (505) 414-9796

Type: Forprofit

<http://www.wigmore.org>