

# THIS WEEK'S BUSINESS FOCUS

## GLOW LIVE FOOD CAFÉ

380 WASHINGTON AVENUE #105, KETCHUM

Nutritionist Molly Peppo Brown opened Glow Live Food Café so that everyone can have access to the keys for optimal health. To do this, she designed a business that offers a plant based organic café and juice bar, high quality health food and supplement store, and her nutrition practice that works comprehensively with individuals to offer customized protocols to prevent and reverse chronic conditions, endocrine imbalance, sleep disorders, eating disorders, sports performance, anti-aging protocols, chronic and often mysterious pain and inflammation, and lead a life that increases in energy and joy. “Many of my clients completely change their lives and the health of their whole family. It is incredibly fulfilling to be able to facilitate this. People light up with life and energy. A lot of times they feel that they’ve tried everything to help themselves, but really haven’t learned how to properly nourish and detoxify their bodies and minds.”

“I wanted to bring plant-based, raw foods to Ketchum in a café setting to show people how delicious and creative these foods can be and how many options there are in raw food, the options are endless.” The café’s chef Brooke Hovey churns out deep dish pizza, spiced Indian grain bowls, a “cheesy” lasagna, vegetable pâté, tacos with refried sunflower seed “beans”, macadamia sour cream, guacamole and salsa, and onion bread sandwiches. Adrienne Mousseau, manager and dessert aficionado, keeps the cafe stocked with key lime pie, chocolate tortes, goji shortbread cookies, superfood trail mix bars, of course all made soy, dairy, wheat, gluten and sugar free. They also make fresh smoothies and green juices with energizing add ins such as maca, bee pollen, and raw chocolate.

“We often have people come in and spend every day of their vacation here. It happens to

locals as well,” she says. “Once our customers try our food, it’s so flavorful and delicious, nutrient dense, colorful and vibrant, their bodies crave it.”

And once they feel better, they want to know how to maintain it and Brown and staff are always on hand to educate and inform, and, to invite them to classes that teach how to duplicate the techniques at home.

“One of our main focuses is education. Another is cleansing. The cleanses get people on a fast track to feeling better and making better choices, with increased awareness around food, life, relationships and spirituality,” she says. “It is important to do a cleanse with someone who is experienced in support, detox reactions, and facilitating the experience. It is a joy to offer this to our community. This is what really changes people’s life and health awareness.” Brown has over 10 years of experience with fasting and cleansing. The next cleanse starts September 19th. (see website for more info)

“We offer a very comprehensive and supportive cleanse, even beginners have complete success.” After a cleansing regimen, “People usually have incredible results getting off coffee, sugar, alcohol, etc., losing weight, feeling emotionally and spiritually brighter. People experience a ‘high’ while cleansing and the results are lasting.”

—Jennifer Liebrum



Molly Peppo Brown and Brooke Hovey

VITALS

YEARS OF SERVICE: **4**  
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