



Eden Lifestyle Sanctuary

www.elsministries.org

ABOUT US

COMPANY NAME: Eden Lifestyle Sanctuary

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MISSION

Teaching and utilizing natural means in harmony with God's health principles, to restore vitality of body, mind, and soul, and to relieve sickness and suffering, inspiring hope, joy, peace, and rest.

VISION

People desiring to make healthy changes need the support of caring, experienced mentors in a peaceful, natural environment to help them attain the full lifestyle that God intended for them. The sanitarium, school, and farm at ELS bring three approaches to helping individuals experience this lifestyle, and equip them with the tools needed to maintain a better way of life at home.



OBJECTIVES

“It is for the object of soul saving that our sanitariums are established. In our daily ministrations we see many careworn, sorrowful faces. What does the sorrow on these faces show? The need of the soul for the peace of Christ. Poor, sad human beings go to broken cisterns, which can hold no water, thinking to quench their thirst. Let them hear a voice saying, “Ho, everyone that thirsteth, come ye to the waters,” “Come to Me, that ye might have life.” Isaiah 55:1; John 5:40. CH 211.2

“It is that thirsting souls may be led to the living water that we plead for sanitariums—not expensive, mammoth sanitariums, but homelike institutions in pleasant places.” CH 211.3

“Our sanitariums are to be established for one object—the advancement of present truth. And they are to be so conducted that a decided impression in favor of the truth will be made on the minds of those who come to them for treatment. The conduct of the workers, from the head manager to the worker occupying the humblest position, is to tell on the side of truth. The institution is to be pervaded by a spiritual atmosphere. We have a warning message to bear to the world, and our earnestness, our devotion to God's service, is to impress those who come to our sanitariums....” CH 272.3

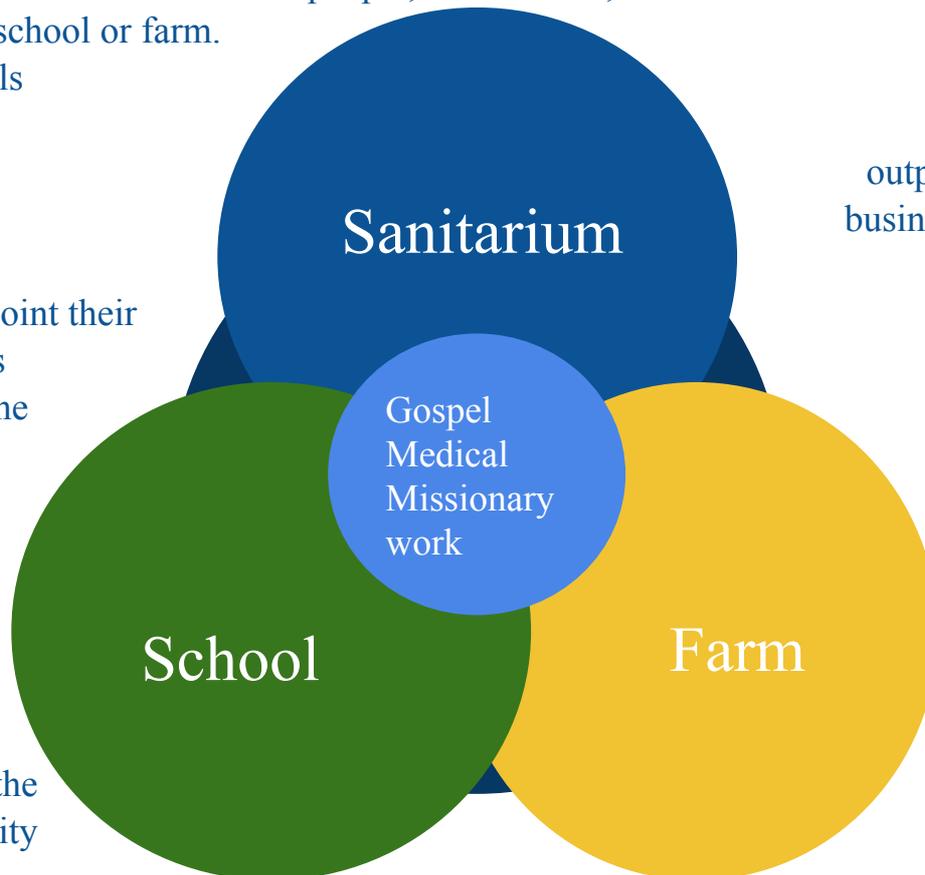
We should ever remember that the efficiency of the medical missionary work is in pointing sin-sick men and women to the Man of Calvary, who taketh away the sin of the world. By beholding Him they will be changed into His likeness. Our object in establishing sanitariums is to encourage the sick and suffering to look to Jesus and live. Let the workers in our medical institutions keep Christ, the Great Physician, constantly before those to whom disease of body and soul has brought discouragement. Point them to the One who can heal both physical and spiritual diseases. Tell them of the One who is touched with the feeling of their infirmities. Encourage them to place themselves in the care of Him who gave His life to make it possible for them to have life eternal. Keep their minds fixed upon the One altogether lovely, the chiefest among ten thousand. Talk of His love; tell of His power to save.” CH 528.2

GOSPEL MEDICAL MISSIONARY WORK: THREE BRANCHES

The sanitarium is a country outpost that has to do with everything health and healing. Ideally, the sanitarium overlaps very tightly with agriculture and education. These three branches form the nucleus of a beehive evangelistic system. Missionaries are educated at the sanitarium, school, and farm. Some of these missionaries will be stationed at centers of influence in the cities. These centers of influence can be health food stores, cafes, bakeries or other places of business where missionaries can meet people, meet a need, and direct interested individuals to the sanitarium or school or farm.

Some of these individuals have a life transforming experience at the country outpost, and will turn their businesses into ministry connections and point their contacts to both the centers of influence and the country outpost. There is constant activity, and a growing network of little lights keeping the cycle of evangelism buzzing between the country and the city missions.

Some have a experience at outpost, and will businesses into contacts



“Small local sanitariums are to be established in connection with our training schools.”
Counsels on Health 220

“It is God's plan that agriculture shall be connected with the work of our sanitariums and schools. Our youth need the education to be gained from this line of work. It is well, and more than well,—it is essential,—that efforts be made to carry out the Lord's plan in this respect.”
Testimonies for the Church 8:227, 228 (190T3).

Sanitarium: Thriving Instead of Surviving

Refresh! - 3 Day Health Retreats providing a daily regimen of whole plant based meals, cooking classes, health lectures, hydrotherapy and massage, outdoor exercise opportunities, and morning and evening devotional time.

10 Days to Wellness - This retreat offers the same daily regimen as the 3 Day Health Retreat for an extended period of time.

Cooking Classes - Educating individuals, families, and children in preparing healthy plant based meals.

Health Lectures - Christ centered lectures focusing on the physical and mental wellness of each participant.

Lifestyle Counseling - One on one consultation with a trained Gospel Medical Missionary that will help the individual explore the ways in which he/she can better incorporate all 8 Laws of Health.

Bulk Herbs and Herbal Remedies - Offering organic and wildcrafted dried herbs and homemade botanical products for sale locally and for shipping from online store sales.

Prepared Foods - Offering plant based health promoting meals ready to heat and serve. Options are tailored to meet the needs of many specific health challenges. Order and pick up available on a weekly basis. Catering events also available.



Eight Principles Employed

- **Nutrition:** Learn the healing power of foods the way God made them. Cooking classes enable participants to prepare nutritionally balanced, plant based meals, spaced in a timely manner for optimal digestion.
- **Exercise:** More rust out than wear out. Become accustomed to morning stretches, daily walks, and other outdoor physical activities that will gently tone the body and promote vigorous circulation of the blood, which delivers nutrition and oxygen to all parts of the body.
- **Water:** Enjoy the use of water inside and out to cleanse the body of toxins. Learn how to use hot, cold, and neutral water on localized parts of or the entire body to aid the body in the healing process.
- **Sunlight:** Spend an abundance of time outdoors, because it is essential to obtain as much sunlight as possible. Sunlight is the healthiest way to increase Vitamin D levels, which in turn increases immunity and reduces depression.
- **Temperance:** Avoid every harmful substance, as far as possible. Abstain from the use of Alcohol, Tobacco, Stimulants, Narcotics, and artificial foods. Discover all the toxic chemicals hidden in common household and personal care products and non-toxic alternatives. Temperance encompasses not only the way we eat and drink, but also how we dress and work
- **Fresh, Clean Air:** Practice good posture and deep breathing to get optimal oxygen supply to the brain and all the body. Outdoor air is the best. Get rid of products that add toxins to the air. Test your environment for mold and detox from mold.
- **Rest:** Establish healthy sleep habits. De-stress. Live in peace. Experience the joy of Sabbath rest.
- **Trust in God:** Discuss faith based topics with friends that can encourage you in your walk. Take time to pray. Feel the freedom of forgiveness. Reconnect with our Maker.

Education: Preparation for Eternity

Bible Studies: The first textbook and priority is God's Word. All other studies must have their foundation in the Scriptures. Get to know our Creator and the loving plans He has for each individual. Learn how to study the Bible. Understand history, the future, and Present Truth in the light of the scripture.

Gospel Medical Missionary Trainings: Christ's method of evangelism involves mingling with others and meeting their needs; physically, emotionally, and spiritually. Learn skills to interact effectively with people and how to apply God's health remedies. Provided for mission minded people that want to learn how to help others live more healthful and fulfilling lives.

Health: Comprehensive instruction in the eight laws of health. Cooking classes, herbal instruction, natural remedies, as well as physiology and disease and its causes are among the many areas of health education.

Agriculture: The ABCs of Education includes knowing where food comes from, seed to table. Be good stewards of the earth God made for us.

Plant Based Cookery: Amazing health benefits come from a plant based diet. Prepare these kinds of food in a simple and appetizing way.

Herbology: Plants that heal are growing all around us. Become able to identify, harvest, and properly utilize these herbs.

Homeschool Co-op: Providing unique educational opportunities for youth and families that instill the values and principles taught in the Bible and nature. High standard academics taught.

Woodworking Shop: Youth interested in learning a self supporting trade, with customers from all places.

Auto and Small Engine Repair Youth interested in learning a self supporting trade, with local customers that are looking for affordable repairs.

Country Living Skills Focus on inviting guests from NYC and Boston to experience country life in our rural setting.

Literature - Health and spiritual books for sale.



Agriculture: Back to Eden

Community Gardens - Local individuals and families that want to learn to grow their own food. Learn about soil science, non-toxic pest control, harvesting, and seed saving.

Soil Science - Veganic soil amendments such as seaweed, molasses, bioavailable minerals and other natural nutrients for small home gardens.

Greenhouse - Organic vegetable seedlings, herbs, and flowers for the public to purchase.

Garden Produce - Wholesale garlic, blueberries, and other crops as well as weekly produce variety boxes in the summer.

Harvest Preservation - Food preservation for the future. Canning, drying, vacuum sealing, and freezing foods for later use.

Fruit and Nut Orchard - Tree care, abundant supply of fruits for health guests, and fruit as an income generator.

Cruelty-free Animal Husbandry - Caring for animals that contribute to our well being without becoming food, i.e. chickens eat ticks, sheep give wool, horses are therapeutic, etc.



INCOME GENERATORS

10 Day to Wellness - \$2500 average per guest

Refresh! - \$500 average per guest

Cooking Classes - \$15 average per guest

Lifestyle Counseling - \$50 per hour

Bulk Herbs and Natural Remedies - TBD

Prepared Foods - A 7-day organic meal plan starts at \$125

Organic Plant Based Whole Food Catering - Starting at \$20/plate

Woodworking Shop

Auto and Small Engine Repair

Handyman Services

Garden Produce Farmstand

Cash Crops

Pick Your Own

Greenhouse seedlings



PEOPLE GROUPS TO REACH

1. Seventh-day Adventist owned institutions.

The Seventh-day Adventist Church, with a growth rate of 2.5% while most other Christian denominations are declining, is one of the fastest growing organizations in the world. At 22 million members worldwide, and climbing, we expect this market segment to provide slow but steady growth.

2. Individuals from Maine and beyond, with health concerns.

Maine has seen a significant population increase, and the question is posed, “Can health care system in this state provide services to meet the increased demand?” We see this as a fast growing market.

3. Families and individuals from metropolitan areas.

The needs are higher in the cities. The increasing cost of living is pricing people out of their homes, and making it more difficult to obtain healthful foods, and other necessities. There is a rising interest in country living. Many of these individuals want to learn how to better care for their personal health naturally and inexpensively. This market has potential for rapid growth.



MARKETING STRATEGY

Jesus said, “Ye shall be witnesses unto Me both in Jerusalem, and in all Judaea, and in Samaria, unto the uttermost part of the earth.” Acts 1:8 Therefore our evangelism model is to first educate our own Church members, second to reach out and provide that education to our local communities and cities, and finally to make the educational opportunities available to anyone in the world around us.

1. Competition

There is no competition within at least a five hour drive. No one to our knowledge is doing anything like this in the northeastern United States.

2. Promotion

Search Engines, Social Media, Churches, Word of Mouth, Health Fairs, Camp Meetings

3. Sales Strategy

Being friendly and helpful, being easily accessible, offering many complimentary services.



PERSONNEL

Matthew Desormiers, President. Overseer of daily operations, general business manager.

Matthew has a Juris Doctor in Law as well as degrees in Psychology and Biology. His latest business experience was ten years as Chief Operating Officer and Human Resources for his tax firm. He serves on the Health ministries Team for Northern New England Conference of Seventh-day Adventists.

Charmaine Gabbidon, Vice President. Marketing Manager, assist with human relations, health counseling.

Charmaine has been practicing as an Occupational Therapist for over 27 years. She currently serves as assistant to the Health Ministries Director for Northeastern Conference of Seventh-day Adventists.

Sonya Tardif, Secretary, Treasurer, and Founder of Eden Lifestyle Sanctuary. Keep records, make budgets, track donations, keep focus on original vision, host and teach guests.

Sonya was called to Health Ministries at the age of 16. She has 27 years of experience teaching plant based cooking and 23 years of experience working with people in a health food restaurant.

Donna Melville, Director of Health Education. Cooking instruction, natural remedies demonstrations, literature resource person.

Donna has her degree in Public Health Education. Currently, she works as a Lifestyle Educator and promoter of plant based diet for a health clinic in McAllen, TX.



Additional Personnel - To Be Determined

Hydro/Massage Therapist; male and female

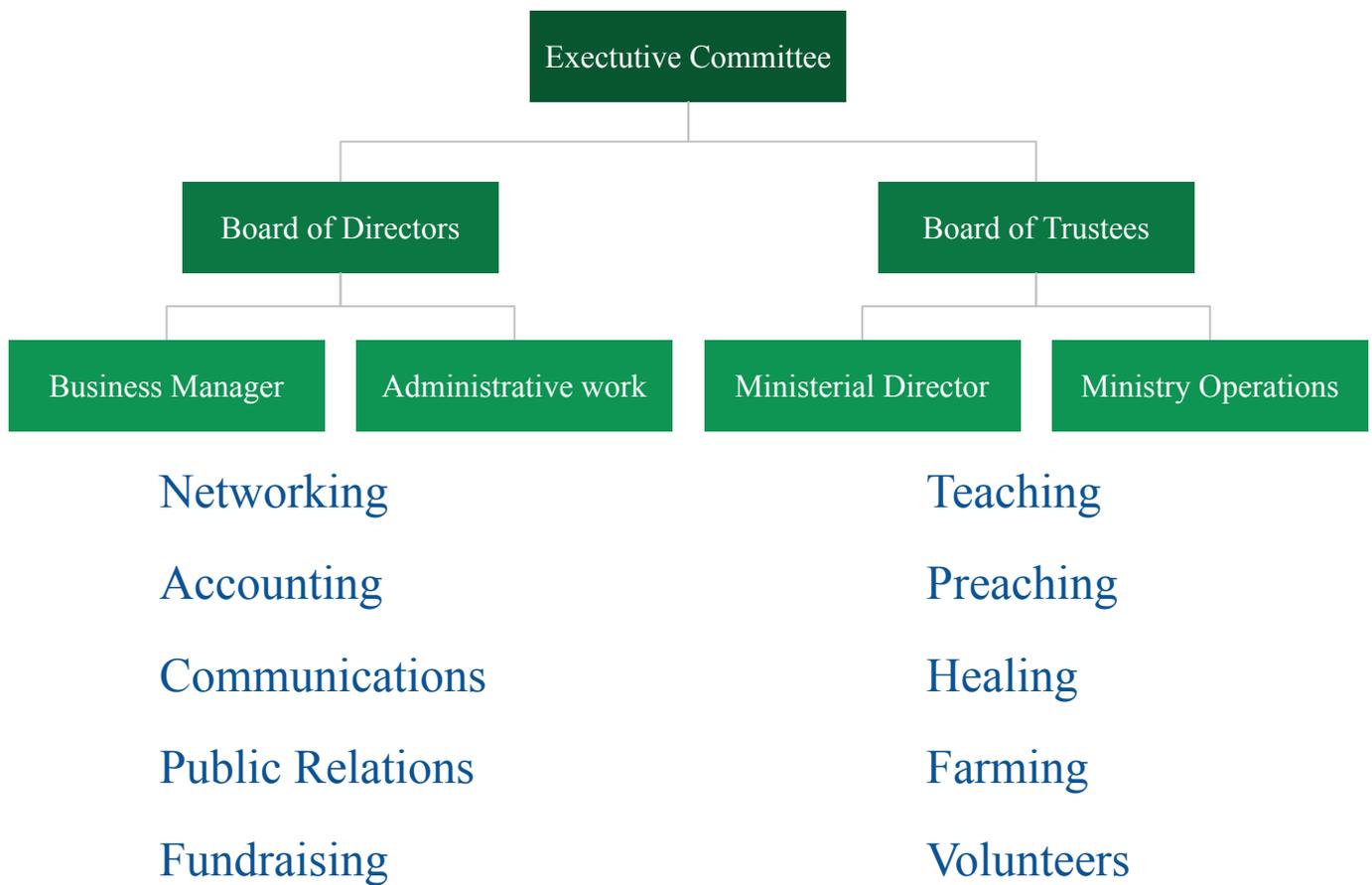
New Start School Teacher

Maintenance Person

Farm Manager



ORGANIZATIONAL STRUCTURE

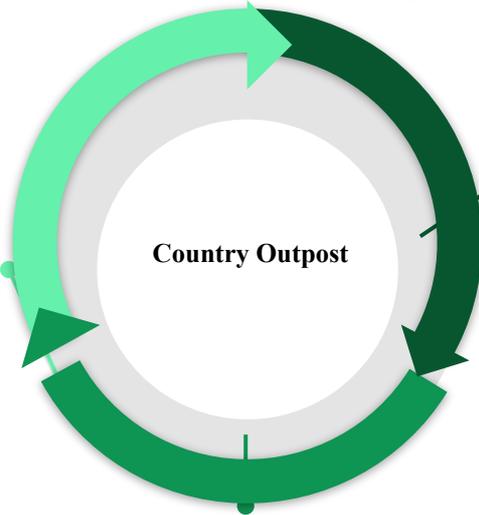


THE BEEHIVE

The country outpost consists of the Sanitarium, School, and Farm. Here, out in the country, individuals will be equipped to carry out ministry in the cities at centers of influence. Also connected to the city and country missions will be Adventist business owners that use their professions as a means to reach people with the gospel. Each of these three lines will seek ways to connect their contacts with other parts of the Beehive. The more points of contact a person has within the beehive the greater opportunities for winning that soul to Christ.

Individual ministries

Other missionaries develop relationships with people through their own private occupations, or through house to house ministry. As they meet the needs of interested individuals they then direct them to programs happening at the Sanitarium.

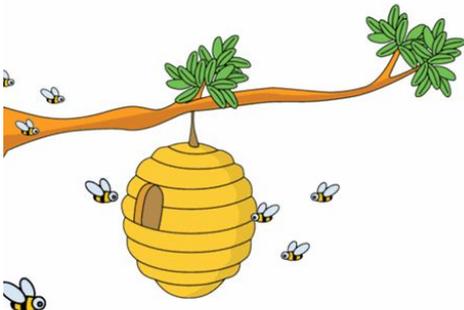


Sanitarium, School, and Farm

Three branches of educational opportunities with the objective of winning souls to the Gospel.

City Missions

Some of the missionaries trained at the country outpost will be stationed at centers of influence to meet the people. These locations may include health cafes and food stores, Adventist owned medical offices, and public meeting rooms.



THE FOUNDERS

Michael and Sonya Tardif owned and operated the Taste Of Eden Vegan Cafe Maine from 2002 to 2022. During that time they promoted a healthy lifestyle by providing many opportunities for the community. Eden Lifestyle Sanctuary became an entity in 2011 after the Tardifs became convinced that people needed a more thorough program in which lifestyle education could be appreciated by participants during an extended stay in a home-like country setting.

In 2019 the property that would become the home of Eden Lifestyle Sanctuary was purchased. This very property had been revealed to Sonya two years prior in a dream involving a dirt road, a field, and a horse. God miraculously provided for the purchase, confirming His approval.

The development of the sanitarium facility on the property was stalled because of the illness and death of Michael. After his decease many health ministry supporters rallied together to push the vision to reality beginning early in 2023. Within just a few months during 2023 and 2024 with volunteers coming out only one or two days a week, the sanitarium was erected with a roof over the structure. Although construction is far from finished, things are moving forward and God has been blessing this project greatly.

Sonya Tardif is a lifetime Seventh-day Adventist residing in Oxford County, Maine. She is a plant-based chef and Gospel Medical Missionary.



FINANCIAL ANALYSIS

STARTUP COSTS

Finish Building	240,000
Staff Housing	25,000
Mattresses	6,400
Linens	3,500
Greenhouse	13,000
Fruit Orchard	7,200
New Start School	540,000
Insurance	2,000
Marketing	3,000
Accounting	1,200
Legal Services	3,500
Total Startup	\$844,800



PROJECTED COSTS FOR FIRST YEAR

Compensation of Officers / Owners	96,000
Other Salaries	96,000
Payroll Tax	16,800
Repairs and Maintenance	4,800
Rent	31,044
Taxes and Licenses	300
Advertising	1,512
Employee Benefits	24,000
Legal and Professional	480
Insurance	2,400
Meals	24,000
Office Expense	2,400
Kitchen Supplies	540
Telephone	1,200
Travel	1,200
Utilities	3,600
Contractors	1,200
School Supplies	2,400
Miscellaneous	1,200
Natural Remedies Supplies	2,400
Garden Supplies	3,000
Wood Shop Supplies	1,500
Auto Shop Supplies	480
Mileage	5,520
Total	\$323,976

PROJECTED ANNUAL REVENUE

10 Day to Wellness	120,000
Refresh!	48,000
Cooking Classes	2,700
Lifestyle Counseling	600
Bulk Herbs and Natural Remedies	24,000
Prepared Foods	28,000
Catering	8,000
Woodworking Shop	4,000
Auto and Small Engine Repair	14,400
Garden Produce Farmstand	12,000
Cash Crops	6,000
Pick Your Own	8,000
Donor Support	50,000
Total	\$325,700

BUSINESS PERMITS & LICENSES:



BUSINESS PERMITS

With church status it is not expected that many permits will be necessary. There will be licensing involved for some of the industries that generate income, and licenses pertaining to receiving donations. For example:

Maine Solicitations License

USDA Food Processor

TAX REGISTRATION

We are registered as a 501(c)(3) corporation and file a 990 report annually. EIN: 45-2928496. All contributions to this organization are completely tax exempt. We provide tax deductible receipts for any gifts.