



Thank you everyone for making Rawktober 2009 a special event! Click here to see the pics! We look forward to seeing you at our next exciting meetup!

Happy Thanksgiving!



Thanksgiving Raw Food Demo!

Dushing closer! Can you feel it? The family "get togethers" are approaching! **Thanksgiving Day** is just around the corner. So what is for dinner? We will demonstrate a feast that is healthy, festive, delicious, and will impress your family and friends! Samples and Recipe Packets will be provided.

Why are so many people sick around the holidays? Is it the weather? Are we spending more time indoors? A major factor is

the increased intake of refined sugars and processed starches; it begins with Halloween and continues all of the way through New Years! This is also the period of time in which hospitals get their most patients. We have an amazing array of holiday gourmet dishes that you can easily learn to prepare that are tasty, healthy, and fun to make including "The Best Pumpkin Pie Ever!" We look forward to seeing you! And may you have a happy and healthy Holiday Season!

When: **Saturday, November 14th**
At 3 PM

Where: **Lutheran Church of the Cross**
1308 N Riverside Ave
Rialto, CA 92376

How to find us:
Look for the blue "Raw Meet Up" banner on the door of the Fellowship Hall.



We look forward to seeing you there; click on the "find us" sign if you need directions, and click below to RSVP!



RSVP!



Also, call if you need help finding us:
(909)562-2030

The Suggested donation for this event is \$20.



For a wonderful recipe to prepare for the Holidays, click on the "Pie Fection" link above! This will take take you to a video created by Alexis and Paul showing how to easily make a **sweet potato pie** that is far tastier and healthier than it's cooked dead cousin. In the words of Jay Kordich, the "Juiceman": "Live foods - Live bodies. Dead foods - Dead bodies!" Cooked is dead - Like Zed.

Tickets are now AVAIBLE for **The Raw Spirit Festivals** in Washington DC and in Prescott Arizona! Click on the Raw Spirit Banner Below for Details! These events are well worth the trip.

Recipes Here!

Wondering what you can prepare for our pot-lucks? Amazing raw recipes can be found on the web by simply clicking on the "Recipes Here!" heading. (above). There are hundreds of easy to prepare recipes to choose from.

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SUNFOOD NUTRITION

Raw Spirit

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