



Thank you everyone for making our "Special Presentation" event special! And sharing in a fun time! Many thanks to Clark's Nutrition for the Ingredients for the raw food demo! Click here to see the pictures!



Lost in the Tropics!

*The Titanic was built by Experts...
Noah's Ark was built by Amateurs...*



A fun filled "Lost in the Tropics" Dinner Celebration is coming our way "Gilligan Style". We will be serving Mary Ann's Coconut Cream Pie, Seaweed Soup, Nori Rolls, and Ginger Punch. This is not a pot luck. So, just bring yourself and a healthy appetite! This is a fun way to meet with other health enthusiasts in your community or to see what we are all about if you are new to raw vegetarian cuisine. Aloha!

When: Saturday, August 21st
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.
Also, call if you need help finding us:
(909)562-2030

RSVP!



<-Click here for driving directions...

Realistically, Cola and chips are cheaper than organic pears and parsley. So parents in low income areas like the lower east side of NYC send their kids to school with lunches that have the nutritional value of playdough. And since these families usually live next to factories and high zones of pollution, they spend their money on prescriptions instead of produce.

The rate of green house gas emissions are rising as fast as the rates for asthma, depression and disease. I don't quite know what to do when millions of gallons of oil spill in the Gulf of Mexico, but I DO know that there's something we can do about the situation in the lower east side of NYC.

The world doesn't need any more bad news. We need to BELIEVE in a world where our children's children will have a chance at clean water, fresh air and a safe place to play.

We need to DO something to make that



kind of world happen! I'm starting here and I'd love you to join me: Click on the "Believe in Green" banner below to participate!

Believe in Green!

Words! Words! Words! The word *Prosperity* originally meant **Health!** And the word *Vegetarian* is not derived from the word: *vegetable*, but from the Latin: *homo-vegitus* meaning: **a thoroughly strong, robust, healthy person!** We have the power to choose dynamic health the same as we have the power to choose the words we speak. Dynamic Health is not something that comes by chance. **It is a choice!** Fyodor Dostoyevsky said: "Only the heart knows what is truly pure." In a world of words were most doctors have had an average of merely 2 hours of nutritional training, it has become clear that **we** are the health experts of today and beyond! Readers are Leaders! Be empowered to read. Choose happiness, health, and prosperity! Stay Blessed!

Cancer Cure Information

Recipes Here!

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

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