



Merry Christmas!



Did you know the human brain only weighs 2% of your body's weight, but uses over 20% of your body's energy? Did you also know your brain generates 25 watts of power (enough to illuminate a light bulb) while you are awake? Humans possess the most complex, powerful brains in the world... and yet we utilize only a SMALL FRACTION of what our brains are truly capable of... Check out this interview I recently did where I reveal one of the most powerful herbs for stimulating mental clarity, power, and focus. I also share how to radically increase blood flow to our cerebellum, enhancing our brain's ability to eliminate mental 'fogginess'. And finally, discover how alkaloids (which are the astringent properties found in wild foods) can inhibit allergens, create a resiliency in your brain, and deliver natural chemical compounds not found in your local supermarket...

[Listen Here!](#)



We are having a fun pot luck for an early **Christmas Celebration!** This is a great time to mingle with fellow health enthusiasts, share ideas, and have a great time! Feel free to bring your favorite Raw Vegetarian Dish to share. And if you would like to participate in a gift exchange, you may bring an inexpensive gift, (approximately \$15 value). Christmas is always a wonderful time. We look forward to seeing you there! You are welcome to bring copies of your recipes if anyone would like to make the food that you brought; of course that is totally up to you.

Christmas Celebration!

When: December 10th at 3pm
Where: Lutheran Church of the Cross
 1308 N. Riverside Ave.
 Rialto, CA 92376

RSVP!

"Green Hearts" is a new meetup group in our community! They are health conscious volunteers, helping to bring quality organic food to those in need. Their mission is to spark a passion for health in parents and their children, by teaching them how to grow their own organic fruits and vegetables! [Click Here](#) for more information and to JOIN!

Get your Community Garden Space!

This is a wonderful opportunity for you to grow your very own fruits and vegetables! Everyone is excited about this. Community Gardens offer local residents greater access to fresh, local produce, lower grocery bills and an increased sense of community. [Click here for get started!](#)



A periodic trip to the hydrotherapist is a smart strategy if you are on a raw vegan diet! Because the Raw Vegan Diet is so dynamically healthy, the body is often in a state of cleanse which is why colonics are so important! Some people have not had good success with the 100% Raw Diet because they neglected to cleanse! If you are interested in a colonic, visit the [Colon Care Center](#).

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!

Raw & Organic Mommas is a new *Meet Up Group* that has just been created by **Tosca**, so all of you "Rawsome Mommies" can click on the banner below to join!



For the best produce ever at the most affordable price, visit the **Inland Empire Organic Produce Co Op** by clicking [Here!](#)



Red Brick Pizza
 16155 Sierra Lakes
 Pkwy #140
 Fontana, CA 92336
 909-355-3637

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