

July 2010



RAW NEWSLETTER



Thank you everyone for making our "Day in the Life of a Raw Foodie" event a special one and sharing in a fun time! Click here to see the pictures!



So shines a good deed in a weary world!

"Special Presentation"



Special Presentation this month! On where to shop for and how to use raw vegan products with a special raw food demo included!

There are countless times I have mentioned Clark's Nutrition as "the place to go" for many of our shopping needs. **Adam Espinosa**, from the Clark's staff, is excited about working with our group, and we are excited about this **DEMO** with presenters from the Clark's staff!

This is also a pot luck, so feel free to bring your favorite raw vegan dish.

We look forward to seeing you there!

When: Saturday, July 24th
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!

FIND US

<-Click here for driving directions...



What would you do with an whole extra year of free life? Spend more time with your family?

Travel the world? How about this: **A Good Deed is Super Healthy!** A month ago, I wrote about how to get a whole free year of life!

I had the good fortune of reading "The Wheatgrass Book" by **Ann Wigmore**. In her book, she explained that her healthy diet enabled her to require less sleep! I was skeptical myself upon reading that; then, I became a **raw foodist**. And I soon found I was sleeping two hours less per night! So I did the math! two hours of extra waking life equates to two extra days in a month's time! And for a year, that equates to thirty extra days! Get this! Over a dozen years, that equates to a whole extra year of free life! The moment that I came up with that statistic, I quickly gave

up television! Why? It wasn't just because I realized with real eyes the real lies, but I felt that most of the mainstream medea was a huge waste of time. Now, with all of this extra time on my hands, I knew that I now had the opportunity to use this time wisely! According to **Dr. Wayne Dyer**, doing a good deed increases your serotonin levels, reciving a good deed increases your serotonin levels, and witnessing a good deed increases your serotonin levels! So, with all of this free time now, I figured I should at least feel great. So I started doing good deeds, and it has truly changed my life. Imagine the effect it would have in our world if enough of us felt great. God is looking for volunteers to feel great!

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!



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

