



Thank you everyone for making our Cinco de Mayo Celebration a special event and sharing in a fun time! Click here to see the pictures of the event!



The Lavender Festival is coming to Cherry Valley: June 12th, 13th, 19th, and 20th!

“A Day in the Life of a Raw Foodie”

Raw vegan cuisine for special occasions is always fun. But what does a typical **Raw Foodie** have and do on a regular day to be Happy and Healthy? This month, we will be having a **DEMO** on what a typical raw fooder does on any given day. I know when starting out myself eating raw, I was both researching raw foods and trying to figure out what to eat in that present moment. Some of it was Trial and Error, and some of it involved reading or attending health lectures by the cutting edge experts. In the process, I destroyed 3 coffee grinders and a food processor, and I've had a few smoothies end up on my ceiling! In short, I am truly Happy that I persisted, and I am grateful to be able to share what I have learned! 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, June 26th
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...



Announcing our newest sponsors: We have been excited since *Meetup.com* has added the feature of allowing us to add our sponsors' logos to our meetup pages! Dreams unite people! We were recently able to add **Clark's Nutrition** as a sponsor for our group. 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 hoping to put a super **DEMO** together this summer with presenters from the Clark's staff!

The Inland Empire Organic Produce Co Op was added as a sponsor as well! You can visit their site by clicking on their logo below!



The Redlands Holistic Healing Group was added to our list of sponsors as well, I had the pleasure of doing a presentation

for their amazing group May 24th, and it is wonderful to see so many people in our community taking an interest in natural health! Feel free to click on the photo above left to visit their meetup site; they have a fantastic array of events planned for everyone!



Want to know 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! **Are you excited about that?**

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!

RAW SUCCESS *Subscribe*
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Subscribe to the Raw Success blog and receive each blog post directly to your inbox.

David Wolff's
SUNFOOD NUTRITION

Raw Spirit

EAT IN THE RAW
Naked Nutrition

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

