

June 2011

RAW NEWSLETTER



Thank you everyone for making our "Cinco de Mayo Celebration" special! And sharing in a fun time! Many thanks to Everyone who participated! Click here to see the pictures!



W e will be having a *Raw Vegan Dinner* with a special guest presentation! **Dean "Rehmania" Thomas**, supplier of the best tea ever at *Euphoria Loves Rawvolution*, will be visiting us! **Dean** is a Taoist Tonic herbalist, one of as few as 20 people trained in this lineage in America! His lineage is called the 'gate of life school', and dates to 2975 B.C. when the first known herbal pharmacopoeia was written. Many of the herbs He will show and discuss were documented in this ancient manuscript, and are still commonly used today in Asia, and now gaining increased interest by Westerners. Tonic herbalism is a very sophisticated health-maintenance system, one that offers unique and unknown insights into health, and applied into one's daily regimen, along with living foods and exercise, can provide the template for the maintenance of radiant health! **Dean** will show how to make Tonic herbal tea formulas, and will do a 'tongue and pulse' analysis for those present! You can find all of **Dean's** amazing teas for sale on the web by visiting [The Shaman Shack](#). This is going to be a great time! Dinner will be provided. So just bring yourself, and a \$20 *suggested donation*. Click below for more details:

Dean Rehmania Presentation!

When: June 18th at 2pm
Where: Lutheran Church of the Cross
1308 N. Riverside Ave.
Rialto, CA 92376

RSVP!



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



Dean Rehmania Presentation!



aw Food "*Fire and Ice*" Demonstration is here! This raw food demonstration will feature super healthy and tasty treats for the Summertime! In this presentation, you will easily learn to make: *Raw vegan Ice Creams* including: *Rocky Road, Strawberry, and Mango*; in addition We will be showing how to make an *Amazing Tropical Mylk Shake, Raw Vegan Hush-Puppies, and a Superfood Raw Vegan Espresso!*

This is a \$35 class, but members of this meetup only have to pay \$25! How cool is that? So be sure to mention that you are a member of **The Inland Empire Raw Food Meetup** when you arrive.

Fire and Ice Raw Food Demo:

When: June 15th at 6pm
Where: At Goodwins Organics
191 W. Big Springs Rd Riverside, CA

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!



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](#).

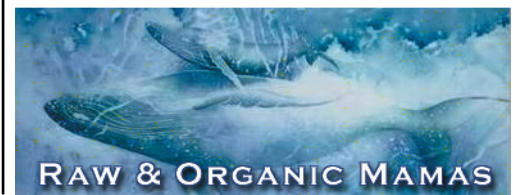
Alex Ortner and Mike Adams, "*The Health Ranger*" did an amazing video about bringing awareness concerning dynamic health and overcoming deadly diseases naturally! Including *diabetes and cancer!* [Click](#) on the **play** button below to watch this great video!



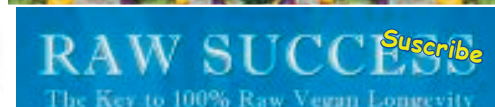
Recipes Here!

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 Mommys*" 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!](#)



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