



Thank you everyone for making our April meet up a special event and sharing in a fun time! Click here to see the pictures of the event!



CINCO DE MAYO CELEBRATION!



“Nothing tastes as good as feeling good feels!”  
Have a wonderful May!



**Raw Event in Pasadena!** Come learn about raw food nutrition and superior hydration for quality health maintenance. You will get inspired to make a few simple shifts in your diet that will improve your energy and health. This intimate home event includes a screening of the film: *“A Taste of Simply Raw in 30 days”*. It is a wonderful documentary which follows the reversal of diabetes among six attendees at the **Tree of Life center in Arizona**.

Also an informal live demonstration on the amazing properties of Kangen Water and how to make a delicious green smoothie. Get next step guidance and resources for creating a healthier lifestyle that will keep you **RUNNING** given by **Teyana Viscarra-Crespo**. Try and RSVP- or just come. It's a **VEGAN/RAW** food Potluck, so bring something healthy for the table to share..(your favorite dish, salad, dessert.yummy! )

**When:** SUNDAY MAY 2nd, at 2:00 PM

**Where:** 1038 N. Mentor Avenue, Pasadena, Ca 91104  
**310 890-7363.**



**This Just In!** I will be giving a Presentation and Raw Food Demonstration at **The Redlands Holystic Healing Group!** Learn how to make **Coconut Keifer** to get friendly bacteria. And In the Raw Sprit of May, I will demonstrate how to use coconut keifer to make a super healthy drink that tastes like a **non-alcoholic Margarita!** [Click here for Details!!!](#)

**When:** Monday, May 24th at 6:30 PM

**Where:** 602 Church Street  
Redlands, CA 92374

“Cinco de Mayo Celebration!”



**Annual Cinco de Mayo Dinner Party has arrived!** This is always a great time! There will be Mexican style raw foods served. This is not a pot luck or demo, so just bring a smile and a healthy appetite!

This year, we decided to get super fancy! We will be serving Raw vegan Margaritas, Nacho Cheese with chips, Ani Phio's Famous Spanish Scramble, Raw Vegan Tamales, and Much much more! **There will be prizes and giveaways too!**

**Suggested Donation: \$20.00**

**When:** Saturday, May 8th  
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**



**<-Click here for driving directions...**



**WHAT WE SHOULD KNOW REGARDING CANCER:**  
*Every 60 seconds someone dies from cancer and every 3 minutes, someone new is diagnosed with cancer.*

I recently was sent this information by **Alex Ortner**, the producer of *“Simply Raw”*. It blows my mind that every 3 minutes, someone new is diagnosed with cancer. That someone could even be you. That's why, if you know anyone who's suffering from cancer (and who doesn't?), we would like to give you the gift of this free 5-minute video titled *“Is This the Cure for Cancer That Really Works?”* This is the video that the pharmaceutical industry doesn't want you to watch. When this video was first put online, it circled the globe and was viewed by people in all continents within a matter of 31 minutes. It has gotten over 129,000 views in the last couple of weeks alone. Go watch the video by going to the following webpage below entitled **“Cancer Cure Information”**. This is truly valuable information, so please view the link below; if by chance the website no longer exists, you can request the information by the following e-mail address:  
**totbp7@gmail.com**

**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*  
The Key to 100% Raw Vegan Longevity  
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!**

