



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



**Community Garden Class was great! Click here to check out the comments!**



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.

**Chirstmas Celebration!**

**When:** December 10th at 3pm  
**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



At The Longevity Now® Conference a few weeks ago, David Wolfe revealed the importance of polysaccharides and how they promote superior cellular health and rejuvenation.

Check out this exclusive video excerpt from his presentation and discover the following:

- \* The 8 essential sugars we need for our immune system, joints, tissue repair, and neurological health.
- \* The unique polysaccharides that contain immunological intelligence and how to get them into your diet!

"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!



\* How to nourish the crucial part of your cell that helps the body fight off infection, disease, and unwanted mutations.

**Watch Video!**



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!](#)

