

October 2010

RAW NEWSLETTER

Thank you everyone for making our "Back to School" event at Goodwins Organics special! And sharing in a fun time! Many thanks to Everyone who participated! Click here to see the pictures!



RAWKTOBER 2010 IS HERE!



Rawktober 2010 is here! We are celebrating the Halloween Season with a fun filled **Rawktober Celebration!** This is going to be a raw vegan pot luck. This meetup will have a Halloween theme, so if you would like to come in costume, **DO IT!!! GO NUTS!!!** Let's have a blast!!! **Rawktober** is always a fun event! This month, we will be having **prize giveaways** as well as a **magic show!**

When: Saturday, October 23rd.
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. (909)562-2030

RSVP!



[-<Click here for driving directions...](#)



Announcements of coming events:

I am excited about *Rawktober!* This is always a fun time for me ever since I was a child. Autumn is my favorite season with the aromas of the drying leaves, the warm winds, and the colors of the trees. This is also a time for increased sickness in our world! Refined sugars and processed starches are widely distributed this time of year; it begins with Halloween and continues all of the way through New Years! This is also the period of time in which hospitals get their most patients! Why is this? Does it have anything to do with the cooler weather? Some people may think so, but the notion that the weather is the cause of colds and influenza is a big misconception in my opinion! Refined sugars and processed starches are the real culprit! This is why I am having raw food demonstrations that focus on healthy, tasty, easy to prepare meals that

we can have seasonally to keep us at optimal health this time of year! And as we approach 2011, we have great things planned as well! We will be showing an amazing beneficial array of movies including "Overcoming the Food Imprint" by Valya Boutenko, "Simply Raw-Reversing Diabetes in 30 Days", and "Healing Cancer from the Inside Out". I was blessed to attend the *Longevity Conference 2010* this year and picked up some extra copies of these documentaries for those who need them! Wishing you the best ever health this year and into 2011! Hope to see you!



What if your breakfast this morning could reduce your risk of cancer? Or change a young girl's life? Or help save the planet? To whom much is given, much is required; we have been given much! To find out what you can do, click on the "Believe in Green" banner below!

Believe in Green!

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!



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!**

