

FREE!

RAW FOODS SEMINAR WITH MATT MONARCH AND ANGELA

July 14th

6:30 pm (Seating Starts at 6:15)

At the Quality Inn Livonia

30375 Plymouth Rd

Livonia Mi, 48150

Matt Monarch is 100% raw vegan; his diet consists of only raw vegetables, fruits, nuts, seeds and seaweeds. He has been eating this way for eight years and enjoys extraordinary good health, bountiful energy, clarity of mind and a deepened connection to nature.

After five years of eating a 100% raw food diet, Matt was inspired to write a book called Raw Spirit. He wanted to share information that he thought needed to be out there, reflecting in particular on some of the physical challenges of going raw, along with the amazing shifts he experienced on the spiritual level with this lifestyle. Raw Spirit has become one of the best-selling raw books available: people appreciate Matt's honest approach and his willingness to discuss aspects of being raw that often go unmentioned. Two years later, Matt wrote his second book, 'Raw Success'. Matt considers 'Raw Success' like his "Bible" for the Raw Lifestyle. The groundbreaking concepts shared in this book have the potential to shift how modern medicine is practiced today.



Angela Stokes experienced recovery from morbid obesity through a raw food lifestyle. She has been eating raw for over 5 years now and has lost around 160lbs (approx. 12 stone) in that time. Her life has been completely transformed on every level and she now devotes her life to spreading this message of hope for natural and healthy weight loss for others living with overweight, obesity and overeating issues.

Her website, <http://www.rawreform.com> has been providing raw guidance for others for over 3 years and her e-books 'How to go Raw for Weight Loss' and 'RawReform: Revealing the Physical Changes' also help thousands of people on this path to reclaim their health. She travels all over the world speaking on raw foods. She is originally from England, but has spent most of the last decade elsewhere - Scotland, New Zealand, Sri Lanka, Iceland, Italy, Norway and Thailand.



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