

GUIDE TO SUPERFOODS *INSIDE*

Get Fresh!

For people passionate about pure food, health and living life to the full

Exclusive interview with

DAVID WOLFE

FOOD COMBINING

For increased energy
and easier weight loss

VACCINATION

What you need to know

**FABULOUS
RAW FOOD!**

- * *Bite-sized bliss from Chad Sarno*
- * *Pizza, crepes and cookies*
- * *How to make raw chocolate*

AUTUMN 2007

UK £3.95 US \$7.95



ALSO IN THIS ISSUE REJUVENATION TIPS * NATURAL HEALING * GET THE GLOW

Real chocolate with a twist



The latest raw chocolate brand to launch in the UK is the Real raw chocolate bar range from Total Raw Food. In the place of refined sugar, dairy and preservatives are 100% natural ingredients, including some surprising additions.

There are five bars to choose from: Real Gold has a mesquite crunch, Real Silver contains ionic silver and suma, Real Red is packed with whole goji berries, Real Purple gets its colour from purple corn and Real Blue is enhanced with blue-green algae. Bars cost £2.85 and are now on sale in health stores across the UK.

For more information see www.totalrawfood.com or ring 01273 248697.

Gourmet raw snack range hits the UK

In the last issue we could hardly contain our excitement as we told you about the One Lucky Duck range of gourmet raw snacks. Now we are back with great news for UK and European readers.

The range, which includes chocolate macaroons, savoury crackers, energy bars, granola, nuts and nut butters is now available to buy direct from the The Fresh Network, which is also selling their men's and women's 'EAT RAW LIVE LONG' shirts.

For more information or to order, visit www.fresh-network.com, email orders@fresh-network.com or ring +44 (0)845 833 7017.

Vital Creations & RawChef.com

Crafting, Teaching, & Celebrating Plant-Based Cuisine



Inspired Living & Vegan Gastronomy by Chef Chad Sarno & Vital Creations Culinary Staff

Let us illuminate new avenues to optimum health and taste by creating the culinary experience you seek, for any occasion.

Full-Spectrum Consulting

Utilize our experience to realize your dreams! Our full-service consulting team has trained Chefs & Enthusiasts for over a decade, designing Menus, Kitchens, and Training Programs for celebrated Restaurants, Spas, and Health Centers around the world.

RawChef.com – A New Information & Product Resource for an Energized Community

Our recently remodeled online store offers the highest-quality Culinary Equipment, premium Vegan & Raw Ingredients, and inspiring Books & Literature. We have partnered with some of the most exhilarating suppliers in the world to bring quality, eco-effective products to you.

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