

SUSAN EUGENIE RUBARTH

CREATOR OF WWW.RAWLIVEVEGAN.COM & AUTHOR OF *LIVING THE RAW LIVE VEGAN LIFESTYLE*

A p r i l 2 0 1 2 M e d i a R e l e a s e

Book Includes

- ✦ *Nutrition Program*
- ✦ *Meal Planners*
- ✦ *Healthy Recipes*
- ✦ *And much more...*



Living The Raw Live Vegan Lifestyle

Finally Eat More and Lose Weight With Optimal Nutrition .

Susan Eugenie Rubarth

www.rawlivevegan.com

Our idea of optimal health is to be active in our elder years, as opposed to being relegated to the sidelines. At present, my husband and I practice 80% raw live vegan.

Enjoying the healthful gains and benefits, over a year and a half of a raw live vegan lifestyle encouraged me to create our website rawlivevegan.com.

I am so passionate about my project that it no longer feels like work! It is my soul purpose to teach you the importance of "real-whole- organic food" and the lifelong benefits they provide. Hopefully, you will share this vital information so your loved ones may also benefit from the nurturing and healing qualities of raw food.

Return from the abyss! Navigate your way from the depths of uncertainty in health – through the maze of crazed food labels, fad diets, and fake food products – towards living vibrantly, full of energy and eating real food.

Today's busy people have turned to ready-made, processed, chemically laden "healthy" alternatives in the name of convenience and succumb to a litany of conditions: weight gain, lethargy, hormonal imbalance, arthritis, diabetes, high blood pressure and high cholesterol. These devastating conditions are commonly excused as "part of the normal passage of aging"

Learn the truth in *Living The Raw Live Vegan Lifestyle*, a medically proven system committed to creating true health from the inside out. Supported by extensive research, this simplistic process for achieving optimal health

provides you with the knowledge to be your own health advocate. You become a well-informed participant regarding your future health. The goal of this book is to educate healthy-minded persons of a proven path to achieving your own goals. The success of myself and my husband has been astounding and far surpasses what we thought achievable. Discover it for yourself!



www.RawLiveVegan.com

Books available at Amazon.com

“What Others Are Saying”

“Susan, this book *Living the Raw Live Vegan Lifestyle* is a best-seller! I'm running to the health food store now to buy some Sprouts, Wheatgrass and Quinoa.”

~ Dr. Dena Churchill

“By providing a glimpse of how to implement these powerful choices into your lives, you give healing to many who would otherwise not get it. Your courage, tenacity, diligence, creativity and practical implementation will continue to offer robust, durable well-being – inspirational to me and to anyone interested in truly being healthy.”

~ Dr. J. William LaValley

www.InternationalHealthPublishing.com