



THE RAW FACTS

A PRESENTATION BY
AUTHOR AND
RAW FOODS EXPERT

DAVID WOLFE

David Wolfe is a best selling author and a leading authority on the raw food philosophy. His popular retreats and seminars are well attended and he is one of the most sought after health and personal success speakers in the world today.

He is the author of *Naked Chocolate*, *Eating for Beauty*, *The Sunfood Diet Success System*, and *Nature's First Law: The Raw-Food Diet*, and he conducts over 100 health lectures and seminars and hosts five raw adventure retreats each year in the United States, Canada, Europe, and the South Pacific.

Learn the facts about raw foods:

- What are the best foods for *your* body?
- Why eating raw foods help you live longer?
- How do raw foods boost immunity?
- Where to find the best mineralized foods possible?
- How to achieve exceptionally vibrant health and vitality?

SAT., JAN. 7, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK

David Wolfe will also present "Health Benefits of Chocolate and Goji Berries" on Sunday, January 8 at 7 p.m. at Castle Medical Center in Kailua. Call Castle at 263-5400 to register (required).

FREE Admission & Refreshments



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Castle Medical Center

