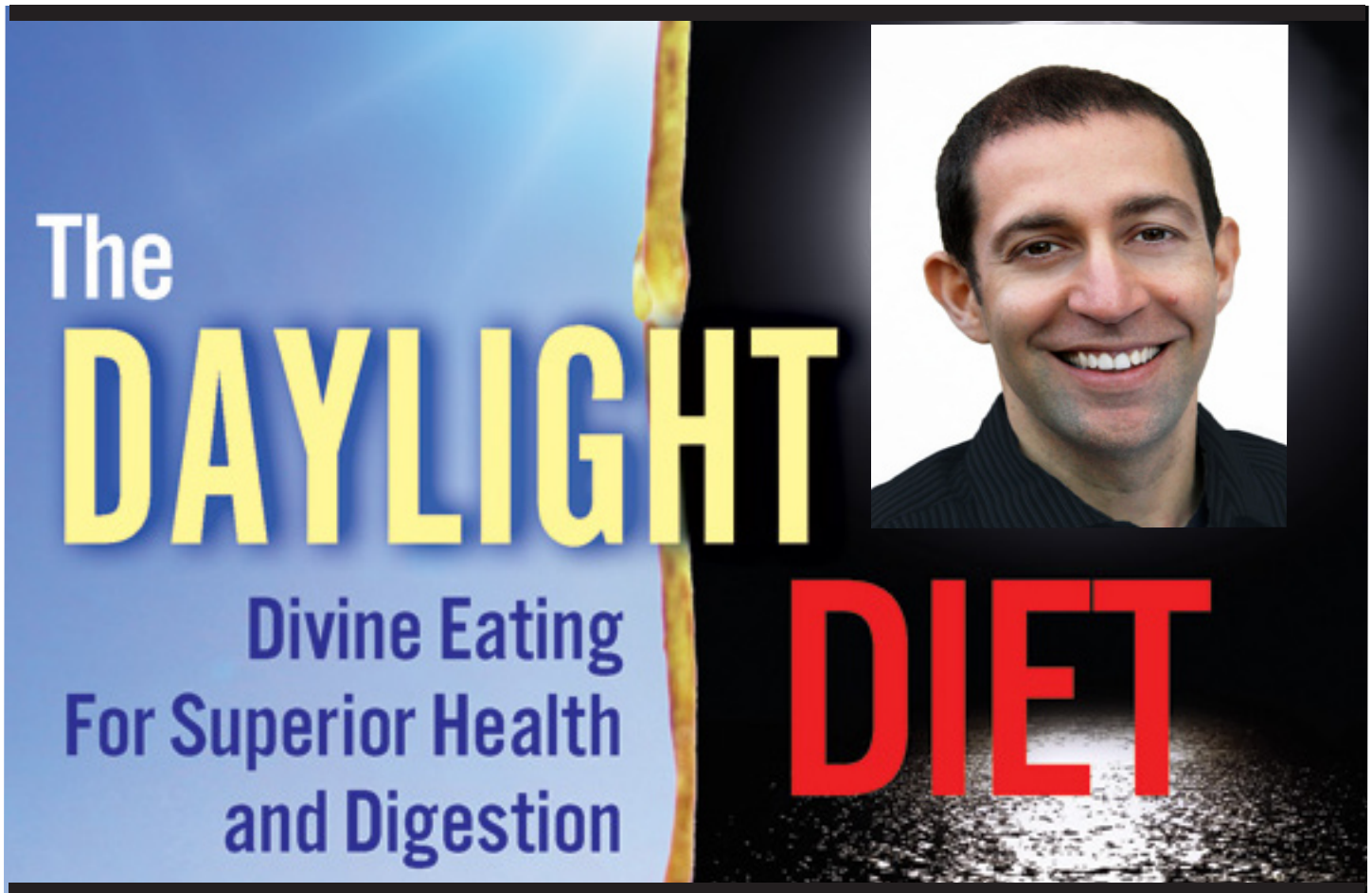


Experience The Most Successful Diet on The Planet
with Internationally Acclaimed Author and Raw Food Chef
Paul Nison



Did you know when you eat is just as important as what you eat? It can determine your total health and wellness. Raw Food Chef and Author Paul Nison has studied the topic of health and digestion for years and will share information no one else is talking about!

IN THIS LECTURE PAUL WILL SHARE:

- The ideal times to eat for best digestion
- Best times to be awake and go to sleep
- How to overcome late-night binging
- Balance weight and gain energy
- Build immunity to fight disease

For more info about Paul visit
www.paulnison.com

www.Rawmatrix.net/events
503-213-0596

Thursday, July 16th, 2009

Friends Meeting House

4312 SE Stark

Portland, OR 97215

7 to 9 PM \$15.00