

# *Raw Food Shopping Tour*

## *Thursday, September 17 at 6:30PM*

Tour Georgetown Market with  
Pamela Reilly, Raw Food Educator

- Learn more about raw foods
- See the raw food options that line our shelves
- Quickly identify food items that support the raw food lifestyle
- Get tips on new items and guaranteed “raw” items

Call 293-9525 to reserve your  
space today!

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Also: Indy **Rawvolution** Raw Food Support group meets September 8 & 22 at 6 pm in the Georgetown Market Community Room.

Contact Pamela Reilly,  
pamela@goodworkswellness.com  
for more information.

### ***What's Raw Foodism??***

**Raw foodism** (or **rawism**) is a lifestyle promoting a diet of un-cooked, un-processed, and many times organic foods as a large percentage of the diet. Heating food above 116 degrees F is believed to destroy enzymes in food that can assist in the digestion and absorption of food. Cooking is also thought to diminish the nutritional value and "life force" of food.

Adhering to a raw food diet is believed to encourage weight loss while also preventing and/or healing many forms of sickness and chronic disease.

Some benefits of a raw food diet include:

- Better digestion
- Increased energy
- Improved skin appearance
- Better overall health



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