



# ANGELS PRESS

*“Save As Many As You Can”*



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## **Cathy Harris Launches 90 Day Health Challenge for the Entire Family**

### **Can Women Turn Off the Stove for 90 Days to Save Their Family?**

Foods are the number one medication for your body. Foods affects every area of your life from your mood, to your behavior, to your happiness and your entire quality of life, therefore, it's important to gain access to good, safe, organic foods.

Since more women buy food than men for their families, during this 90 day challenge we are asking all women to try to keep their family away from cooked foods as much as possible, especially since many cultures cook foods to death.

The goal is to get families thinking about other means of preparing foods besides using stoves and microwaves. Not only does cooking foods depletes nutrients, if you eat cooked foods, you are setting yourself up for illnesses and diseases because your body view cooked foods as a foreign invader, toxin, and poison. Cooked foods also turns into bacteria, mold, yeast and fungus in your body.

We are asking that you turn off the stove for 90 days and prepare foods by eating foods in as natural forms as possible such as with a juicer, blender, steamer, etc. To learn how to do this, there are seminars, workshops, teleseminars, webinars, consultations and coaching sessions, youtube.com demonstrations, books, CDs, DVDs, health and wholefood stores, to help you with this.

During this 90 days you should only turn the stove on to steam foods. With over 90% of foods in grocery stores, especially all processed foods (foods which have been dried, flaked, mixed, frozen, canned, boxed, bottled, packaged or prepared) containing Genetically Modified Organisms (GMOs), which have no nutritional value, it should be everyone's goal to raise their nutritional IQ by eating foods in as natural forms as possible, while they choose good, safe and organic foods for the entire family.

## Can Men Stop Watching Sports for 90 Days to Save Their Family?

Men need to stop watching all sports for 90 days and use that time to educate themselves and their families on how to obtain access to safe foods. Most people think that neighborhood grocery stores will always be there, but there is a food shortage in this country, and most of the foods (90%) in neighborhood stores have been contaminated with Genetically Modified Organisms (GMOs).

Every community has a natural and holistic community. Health and wholefood stores will offer FREE and low-cost health and wellness seminars, workshops, webinars, teleseminars or coaching/consulting sessions, and they will know where families can gain access to local organic farmers, who can provide classes and teach them what to grow and when to grow it.

Ideally, what you want for your family are foods that are "100% Certified Organic," which means the only way to guarantee this is to grow your foods your own self in your own home, school, or community gardens, food co-ops or food coalitions. You can grow foods at home in a front or backyard garden, on your porch, patio or balcony or in your kitchen in pots or containers. With all this newfound health knowledge that men and women will bring into their families during this 90 day challenge, they can teach their family, especially their children how to build businesses around growing foods in urban agriculture, farming and gardening and prepare job's programs in their cities through food co-ops and coalitions.

Remember one company, Monsanto, owns 90% of all seed companies in this country and 50% of all U.S. grown crops, are Genetically Modified (GM) crops. You can still buy traditional seeds at "**Institute for Responsible Technology**" (<http://www.ResponsibleTechnology.org>), where you can also sign up for a class/webinar (4-part webinar) to become a GMO educator and receive their e-newsletter.

To learn more about Genetically Modified Organisms (GMOs), also referred to as Genetically Modified foods, Genetically Altered foods, Genetically Engineered foods and FrankenFoods, join Cathy Harris on with her groups "**Virtual Organic Garden Clubs**" ([www.VirtualOrganicGardenClubs.com](http://www.VirtualOrganicGardenClubs.com)) or on facebook at <https://www.facebook.com/groups/VirtualOrganicGardenClubs/> and "**National Non-GMO Health Movement**" <https://www.facebook.com/groups/NatlNonGMO>. We are also asking that you reach out to all your legislators from the ground up and ask them to introduce legislation to label foods as GMOs. You can conduct your own research on Google.com, Yahoo.com and YouTube.com.

You can learn how to start living a holistic and natural lifestyle, while you avoid GMOs by reading Cathy Harris' book "**How To Take Control of Your Own Life: A Self-Help Guide to Becoming Healthier Over the Next 30 Days**" (Series 3) and newly released "**Overcoming Food Deserts in Your Community: How To Start A Home, School, or Community Garden, Food Co-op or Food Coalition.**" Families can learn how to set up health businesses by reading Cathy Harris' business books "**The New CEO: 185 Easy-To-Set Up Businesses for Youth and Adult Entrepreneurs**" and "**How To Take Control of Your Own Life: A Self-Help Guide to Starting Your Own Business**" (Series 2). All books are available as e-books and paperback books at <http://www.AngelesPress.com>.

Cathy Harris is a National Non-GMO Health and Wellness Expert and is the author of 5 health books and can be reached through her empowerment and publishing company, Angels Press, P.O. 19282, Austin, TX 78760, Phone: (512) 909-7365, Website: <http://www.angelspress.com>, Email: [info@angelspress.com](mailto:info@angelspress.com). She is available for health seminars, workshops, webinars and coaching at <http://www.CathyHarrisInternational.com>.