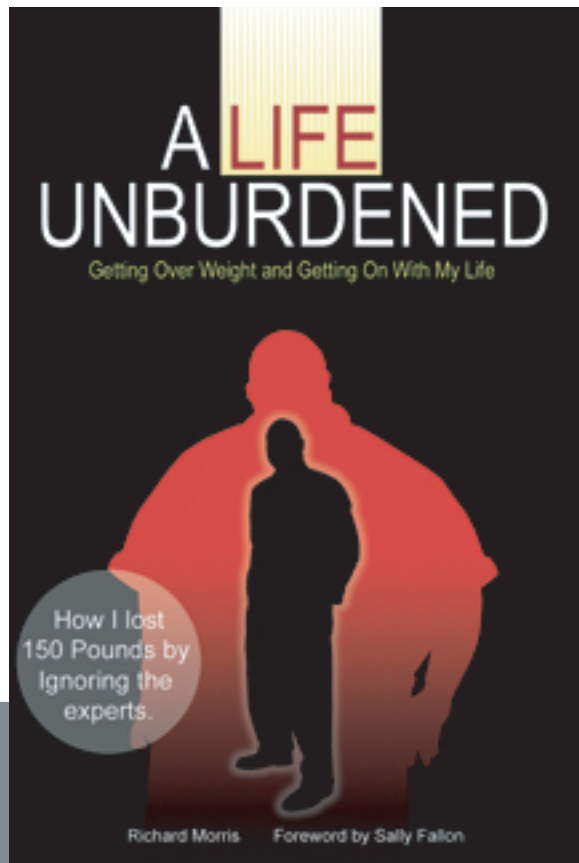


The Redemptive Power of Real Food

Meet author Richard Morris and hear of his remarkable journey and the redemptive power of real food.



“A Life Unburdened is a myth-breaker.” - Sally Fallon, author of Nourishing Traditions

If you've ever wondered whether food can heal the body, hear from the man who found an answer to that question, without doctors, diets or drugs.

In this inspiring talk, Morris tells the truth about some of the biggest dietary myths that plague us today, Myths like “Good food is too expensive” and “You have to diet to lose weight.”

Attend this important event, enjoy delicious food from Whole Foods Market, and find out how to make 2008 your year to “Live a Life Unburdened.”

Richard Morris...

is an author, publisher, real food activist, and self-described nutrition contrarian. He is an ardent supporter of fair trade for the family farm and the creator of breadandmoney.com, a web site that extolls the virtues of traditional foods and independent living.

Catering by:



DATE Wednesday May 28th, 2008

TIME 7:30pm

LOCATION **Barnes & Noble**
12089 Rockville Pike, Rockville, MD 20852

Rockville Pike & Randolph Rd.,
Montrose Crossing Shopping Center
301-881-0237