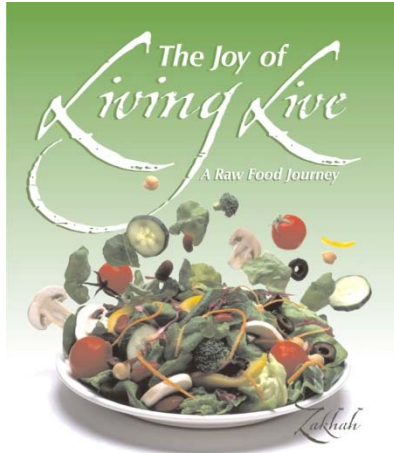


ABOUT THE JOY



The Joy of Living Live: A Raw Food Journey

by Zakhah

Close your eyes and imagine a community of 100% vegans living a holistic lifestyle. A community virtually free of disease, crime, and immorality. A healthy environment where animals have no fear of being eaten. What would you call this place? Heaven? Paradise ?

Now you don't have to just imagine it anymore. It is here on earth. Open your eyes and see the Village of Peace in Dimona, Israel . This is a community of former African Americans who moved to the Holy Land to establish a peaceful, harmonious, self-sustaining environment. According to the Ministry of Health of this 40-year young community, the cases of diabetes, strokes, heart attacks, cancers, STDs, HIV and AIDS are so minimal to non-existent that they are considered to be virtually eradicated. Meanwhile, these illnesses are among the top 10 killers of their African American counterparts in America. Meharry Medical College in Nashville, Tennessee tested adult members of the Village of Peace and found that the community has essentially eliminated high blood pressure even if they had a family history of the disease. There are no nursing homes and the elders of the Village have been known to defeat the younger teams in sports activities. Since the community's establishment in 1967, there have been fewer than 40 deaths in this community of over 2,500 residents.

The leaders of the Village of Peace see the value of a natural diet for healthy people and have incorporated it in their lifestyle. They eat only fruit, vegetables, nuts, grains, and seeds. Each week, the adults in the community have 3 no-salt days, 2 raw food days, 2 no-margarine days, and one day of fasting. Four times a year with the change in seasons, the community prepares to elevate their diet even further with the observance of a "Sugarless Week" where the only sweeteners consumed are maple syrup, date syrup, and the stevia herb; and a "Live Foods Week" where they consume 80% to 100% raw and living foods and cleanse their digestive systems. As a result of changes in diet and lifestyle, evidence has emerged that this may be the healthiest group of collective humans existing on the planet today. And did I mention that they own the largest chain of vegan restaurants in the world? They have 13 Soul Vegetarian restaurants on 4 continents.

The "secret" to their diet and lifestyle now has been revealed in a new book called [The Joy of Living Live: A Raw Food Journey](http://www.joyoflivinglive.com) by Zakhah (www.joyoflivinglive.com). This full-color photographic book explores over 100 raw and living foods tasting experiences from various regions of the world, including the Mediterranean, Asia, West Africa, the Caribbean, and the Americas . Complete with recipes for health drinks, breakfast, lunches on the go, desserts, and spices; recipes such as Live Spring Rolls, Pizza Wraps, Brazilian Nut Milk, Kale & Avocado Salad, and Orange Cake with Maple Cream Icing will make you want to lick the pages.

Instructions are simple and easy-to-follow for food items generally found at local markets and health food shops. They are designed for raw foodists no matter the stage of development: 50%, 80% or 100% live. These delicious pages share wisdom on diet transitioning, eating organic, exercise, meditation, prayer, fasting, food combining, sprouting, healing properties of food, low-cost superfoods, detoxification, holistic dental care, gourmet food preparation,... WHEW! In other words, this book is a powerhouse for your practical raw food needs.

One of the most exciting features of this book is the testimonies from long-time raw foodists who have been raw 5, 10, 20, to over 30 years. They are doctors, raw food restaurant owners, celebrities, raw moms and their raw children, community leaders, and more. They answer questions like what physical health changes can be expected by eating live foods, how vegans and raw foodists can prevent nutritional deficiencies, and how to have a raw pregnancy. The Joy of Living Live: A Raw Food Journey will make you scream and jump for JOY.

The Joy of Living Live has touched the lives of thousands of individuals all over the world. Here are some of the highlights:

- Health lectures, food demonstrations, raw food preparation classes, book signings and radio interviews during our U.S. Tour in Atlanta, GA; Capital Heights, MD; Baltimore, MD; Brooklyn NY; Detroit, MI; Richmond, VA; Washington, DC; and West Hollywood, CA.
- Book signing in Atlanta, GA at health event featuring David Wolfe sponsored by The Women of Wellness and Soul Vegetarian Restaurant.
- Book signing in Brooklyn, NY at health lecture by Dr. Llaila Afrika.
- Book signing in West Hollywood, CA at health lecture featuring Dr. Gabriel Cousens sponsored by MOA and the world-famous Bodhi Tree bookstore.
- Health lectures, book signings, raw food displays and “Pot Blessings” (better than “luck”) in Israel, Northeast Africa- including a raw food preparation class for the Vegan Society of Jerusalem.
- Hosted a health lecture in the Village of Peace in Dimona, Israel featuring Paul Nison.
- Several raw food preparation classes, book signings, radio and television interviews, and catered events throughout the United Kingdom.
- Raw food preparation class for a vegan community in Germany. See youtube video.
- In addition, Joy recipes are being used to improve the health of people in Jamaica, St. Croix, Ghana, Benin, Kenya, South Africa, Congo, Ethiopia, India, Australia and Canada.

Many thanks and blessings to all of you who made this possible. We look forward to many new and exciting projects for this up-coming year.