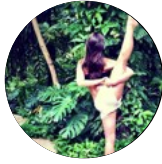




Everything



Move



Nourish



Be



Lifestyle

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It's Cool To Be Epic

Published on 03-Dec-2010 by Amber



A few weeks back I had the pleasure of meeting Jeff Golfman from www.thecoolvegetarian.com at San Francisco's Green Festival. His energy and presence immediately shook me to my core. We instantly connecting over our passion for raw food, positivity and well rounded mind, body, spirit, balance. He heads up several businesses and non profits that are changing the world every day

Quite an inspiration and role model for me! His mission is to show us the health benefits of vegetarian, raw food vibrant living. Even that means eliminating meat only a few days per week. His free ebook shows you how you can create and inspire a life of health, vitality, and eco chic without losing yourself or your friends in the process.

Read his [SAD to raw story here](#). Finding a balance that works for you is key. If you never experiment with eliminating meat you'll never know and feel the benefits. He let me pick his brain about his epic living and how anyone can start to incorporate more live foods into their day.

Jeff then turned the tables on me and wanted to hear my SAD to raw transformation to inspire his readers. Below is my experience in a few minute nut shell and my approach to working with clients on mind, body, spirit balance.

We had so much hanging out at San Francisco's best raw food restaurants ([Cafe Gratitude!](#))over the Green Fest weekend that we decided to offer an event Jeff has been hosting for years up in Canada. Alive SF! A FREE raw-pilates-yoga-massage holiday extravaganza!

If you'll be in San Francisco December 18th check out all the details and [RSVP on Facebook](#). I'm looking forward to meeting new friends and celebrating the holidays in a healthy way with clients!

7 comments

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Reply · Like · Follow Post · October 24, 2013 at 12:30pm



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Carrie Peterson

Awesome! I'm going to start making smoothies for lunch instead of packing a sandwich or buying food. Thanks for the recipes.

Reply · Like · Follow Post · September 26, 2013 at 12:18pm



Carrie Peterson

<http://ayearoffitness.blogspot.com/>

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Danelle Ice · Follow · Works at Actress/Model/Singer · 182 subscribers

Hi! we changed our domain from Homemaker Barbi to Home Ever After a few years ago. Would you mind changing out the link? Thank you so much! Here is the new URL:
<http://www.homeeverafter.com>

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Kasuni Samara

How to live without fear and worry by Venerable Dr K Dhammananda really helped me to console myself in difficult times in my life.hope you people will feel the same way after his discourse.

http://www.youtube.com/watch?v=S37oRAFW_lg&list=PL75AC5BFB3DDD4CB8

before divorce or suicide read this book WHY WORRY by Dr K Dhammananda
meditation also very helpful

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Melanie Tripp Hamilton · West Jordan, Utah

are there certain gemstones to use for Bagua in your home?

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