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7 Secrets to Being a Cool Vegetarian

I'm super excited to bring you this great video by Jeff Golfman! His blog [the Cool Vegetarian](#) is an incredible resource of support, community, and guidance for living vegetarian, vegan or raw. Jeff has been practicing yoga for 16 years, he's been a vegetarian for 21 years and 100% raw for the last 6. He makes living green and healthy fun and inspiring!

Without further ado... here is Jeff Golfman's cool vegetarian secrets!

Jeff Golfman is an eco-entrepreneur. He is the Co-Founder and President of [Prairie Pulp & Paper Inc.](#), which is active in the research and development of recycling agricultural straw fibers into tree-free chlorine-free sulfur-free paper. He's the founder of [Pulse Furniture](#), a custom furniture manufacturer that creates sweat shop free furniture in Canada, for clients all over North America and the Founder and Volunteer President of

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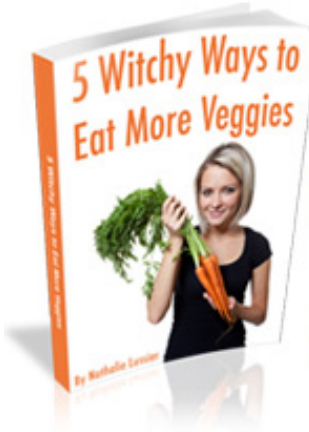
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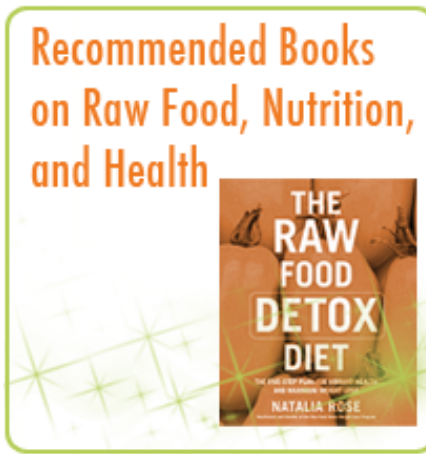
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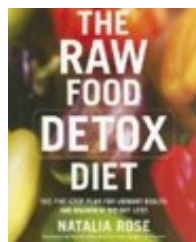
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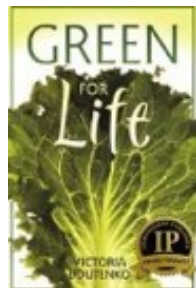
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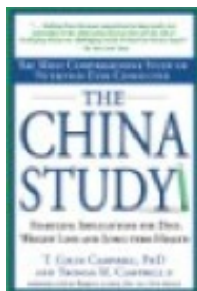
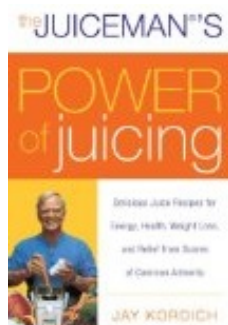
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