



ANGELS PRESS

“Save As Many As You Can”



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CONTACT:

Angels Press
Attn: Cathy Harris, CEO and President
P.O. Box 5288
Atlanta, GA 31107
(770) 873-2072
<http://www.angelspress.com>
info@angelspress.com

Cathy Harris Launches 90 Day Health Initiative and Challenge for the African American Family

Can Black 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, behavior, 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 black women 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 food deplete 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, or poison.

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 using a juicer, blender or steamer. To learn how to do this -- there are webinars, teleseminars, youtube.com demonstrations, books, CDs, DVDs, holistic and natural healers, health and wholefood stores, etc.

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 Black 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 in neighborhood stores have been contaminated with Genetically Modified Organisms (GMOs).

Every community has a natural and holistic community. Health and whole food stores will offer FREE and low-cost health and wellness seminars, workshops or consultations 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 ownself in your own gardens or fields or join organic food co-ops.

With all this newfound health knowledge that men and women bring into their families, they can teach their kids how to grow and prepare good and safe foods while they build health businesses.

You can learn how to start living a holistic and natural lifestyle by reading Cathy's health book **"How To Take Control of Your Own Life: A Self-Help Guide to Becoming Healthier Over the Next 30 Days" (Series 3)**. Families can learn more about how to set up health businesses by reading Cathy's business book **"How To Take Control of Your Own Life: A Self-Help Guide to Starting Your Own Business" (Series 2)**. Both books are available as e-books and paperback books at <http://www.AngelsPress.com> and they will be released soon as audiobooks.

Remember one company, Monsanto, owns 90% of all seed companies in this country and 40% of all crops which are Genetically Modified crops. You can still buy traditional seeds at "The Institute for Responsible Technology" (www.ResponsibleTechnology.org) where you can also sign up for a class/webinar (4-part webinar) to become a GMO educator and to receive their newsletter.

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 so families will have a choice of the type of foods they eat.

To learn more about GMOs, sign up for newsletters at <http://www.Occupy-Monsanto.com> and <http://www.MillionsAgainstMonsanto.org> and join Cathy on facebook.com at National Non-GMO Health Movement and read her health blog at <http://nongmohealthmovement.blogspot.com>.

Cathy Harris is available for media interviews. She can be reached through her company, Angels Press, P.O. Box 5288, Atlanta, GA 31107, Phone: (770) 873-2072, Website: <http://www.angelspress.com>, Email: info@angelspress.com and is available for health seminars and workshops.