



ANGELS PRESS

"Save As Many As You Can"



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

Can 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, to your behavior, to your 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 health challenge, we are asking all women to try to keep their family away from cooked foods as much as possible, especially since many cultures 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 foods depletes 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, and poison. Cooked foods turns into bacteria, mold, yeast and fungus in your body.

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 seminars, workshops, webinars, teleseminars, youtube.com demonstrations, books, CDs, DVDs, health and wholefood stores, holistic and natural healers, and others to show you how to do this.

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 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 (90%) in neighborhood stores have been tainted, contaminated and poisoned with Genetically Modified Organisms (GMOs), but yet you still feed this food to your families.

Every community has a natural and holistic community. Health and wholefood stores will offer FREE and low-cost health and wellness seminars, workshops, webinars, teleseminars or coaching/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 children how to grow and prepare good and safe foods, while they build their own health businesses.

Remember one company, Monsanto, owns 90% of all seed companies in this country and 50% of all U.S. grown crops, which are Genetically Modified (GM) seeds and crops. You can still buy traditional seeds at "**The Institute for Responsible Technology**" (<http://www.ResponsibleTechnology.org>), where you can also sign up for a class/webinar (4-part webinar) to become a GMO educator and receive their newsletter.

To learn more about Genetically Modified Organisms (GMOs), also referred to as Genetically Modified foods, Genetically Altered foods, Genetically Engineered foods and FrankenFoods, join Cathy on facebook.com with her group "**National Non-GMO Health Movement**" and read her health blog at <http://nongmohealthmovement.blogspot.com>. We are also asking that you reach out to all your legislators from the ground up and ask them to introduce new legislation to label foods as GMOs, so families will have a choice of the type of foods they eat. You can conduct your own research on Google.com, Yahoo.com and YouTube.com, which are the 3 largest websites out there. Just put in the key words above.

You can learn how to start living a holistic and natural lifestyle, while you avoid GMOs 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 how to set up health businesses by reading Cathy's business books "**The New CEO: 185 Easy-To-Set Up Businesses for Youth and Adult Entrepreneurs**" and "**How To Take Control of Your Own Life: A Self-Help Guide to Starting Your Own Business**" (Series 2). All books are available as e-books and paperback books at <http://www.AngelsPress.com>.

Cathy Harris is an Empowerment and Motivational Speaker, Non-GMO Health and Wellness Expert, Advice Columnist at DearCathy.com, Self-Publishing and Business Coach. She is also the author of 23 non-fiction books, including 4 health books and 2 business books. She provides seminars, workshops, webinars and consultations through her speaking and training platforms at <http://www.cathyharrisinternational.com> and can be reach through her empowerment company, Angels Press, CEO, President, Publisher, P.O. Box 800511, Dallas, TX 75380, Phone: (512) 909-7365, Website: <http://www.AngelsPress.com>, Email: info@angelspress.com.