

FOR IMMEDIATE RELEASE

## Raw Food Expert – Lisa Montgomery Set to Release New Books for Summer

*Raw Food Expert and Author Lisa Montgomery will be releasing two new books this summer on the raw food lifestyle as companions to her first book, **Raw Inspiration**.*



**June 10, 2011** – Lisa Montgomery started her journey to living a raw food lifestyle over 15 years ago and is now referred to as the ‘guru to the gurus of raw food’. This summer Ms. Montgomery will be releasing two new books to accompany her already released bestseller, **Raw Inspiration**.

*“What you put in your mouth and how you live your life are so important,” says raw foods expert Lisa Montgomery. “A raw food diet cleanses the body and nurtures the soul.”*

Already in bookstores, **Raw Inspiration: Living Dynamically with Raw Food** is an inspiring and informative raw foods lifestyle book featuring personal stories of healing through raw foods. **Raw Inspiration** explains the basics of nutrition and meal planning with raw foods, as well as providing a guide to equipping a raw foods kitchen.

Due to be released on June 28, **Raw Garden** is the perfect resource to help create dishes based on ingredients found in one’s own garden. This book includes tips on planning a garden, benefits of growing and eating raw food, how to garden in small living spaces and a guide to the art of bee- and chicken-keeping. **Raw Garden** also contains over 100 delicious recipes.

**Liquid Raw**, due for release on July 26, provides the perfect transition for those beginning a raw diet. For those experienced in the raw foods lifestyle, this book offers inspiration and a new twist on many staples. **Liquid Raw** includes: a guide to the health benefits of a raw diet, an introduction to juicing and tips for finding the perfect juicer and blender along with over 125 refreshing and creative recipes.

Ms. Montgomery will be releasing a fourth book in her *The Complete Book of Raw Foods* series in late November 2011 currently titled **Raw Potluck**.

All books are available where books are sold and on [Amazon.com](http://Amazon.com) and [BarnesandNoble.com](http://BarnesandNoble.com).

**Lisa Montgomery** graduated with a degree in Business in 1979, but soon developed a passion for health and nutrition. Today, she is a Holistic Health Care Practitioner, and has graduated from the Living Light Culinary Arts Institute as a Certified Associate Raw Chef & Instructor. She is available for lectures and demos on the art of preparing raw food. For more information about Lisa, visit [www.livingdynamically.com](http://www.livingdynamically.com).

**Raw Inspiration** by Lisa Montgomery – Publisher: Martin Pearl Publishing, ISBN – 978-0-9814822-3-1

**Raw Garden** by Lisa Montgomery - Publisher: Hatherleigh, Distributor: Random House, ISBN - 978-1-57826-385-1

**Liquid Raw** by Lisa Montgomery- Publisher: Hatherleigh, Distributor: Random House, ISBN - 978-1-57826-373-8

**Raw Potluck** by Lisa Montgomery - Publisher: Hatherleigh, Distributor: Random House, ISBN - 978-1-57826-398-1

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