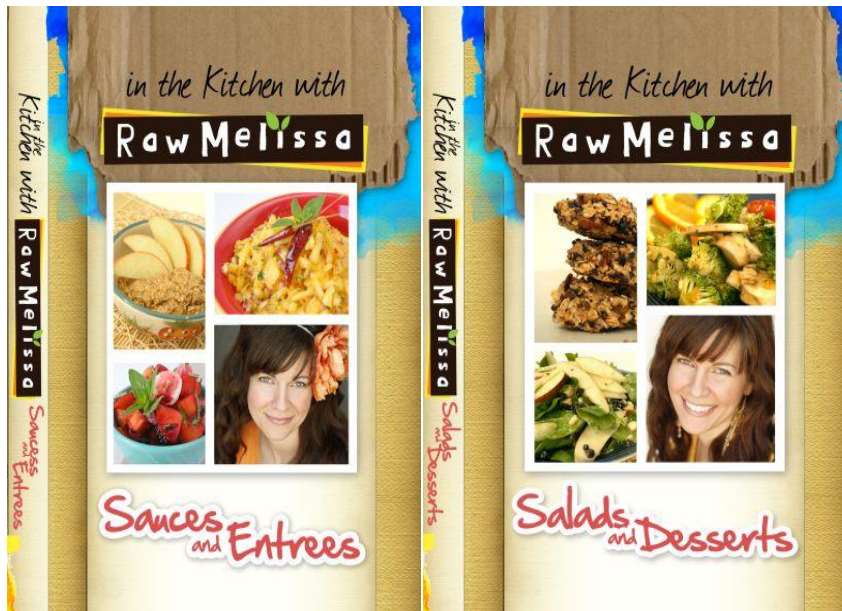


DR. CHRISTOPHER'S
Herbal Legacy Newsletter

August 27, 2014

In the Kitchen with Raw Melissa



Now available at Christopher Publications is Melissa Chappell's newest contribution to healthy, whole food eating. In these DVD's Melissa demonstrates just how quick and easy it is to make healthy and delicious meals, snacks and desserts for yourself and those you care about. Filmed in her studio/classroom, Melissa (Popularly known as Raw Melissa) teaches simple techniques to turn your fresh fruits and veggies into dishes even the pickiest critics will rave about. Melissa is a fun and casual teacher whose knowledge and love for health shines through. If you are a visual learner and want to improve your diet and your health with a fresh food approach, you will love these classroom demonstrations.

Melissa Chappell is owner of Raw Melissa (rawmelissa.com) and creator of the recently published cookbook "FAVES! Fruits and Veggies, Energy's Secret".