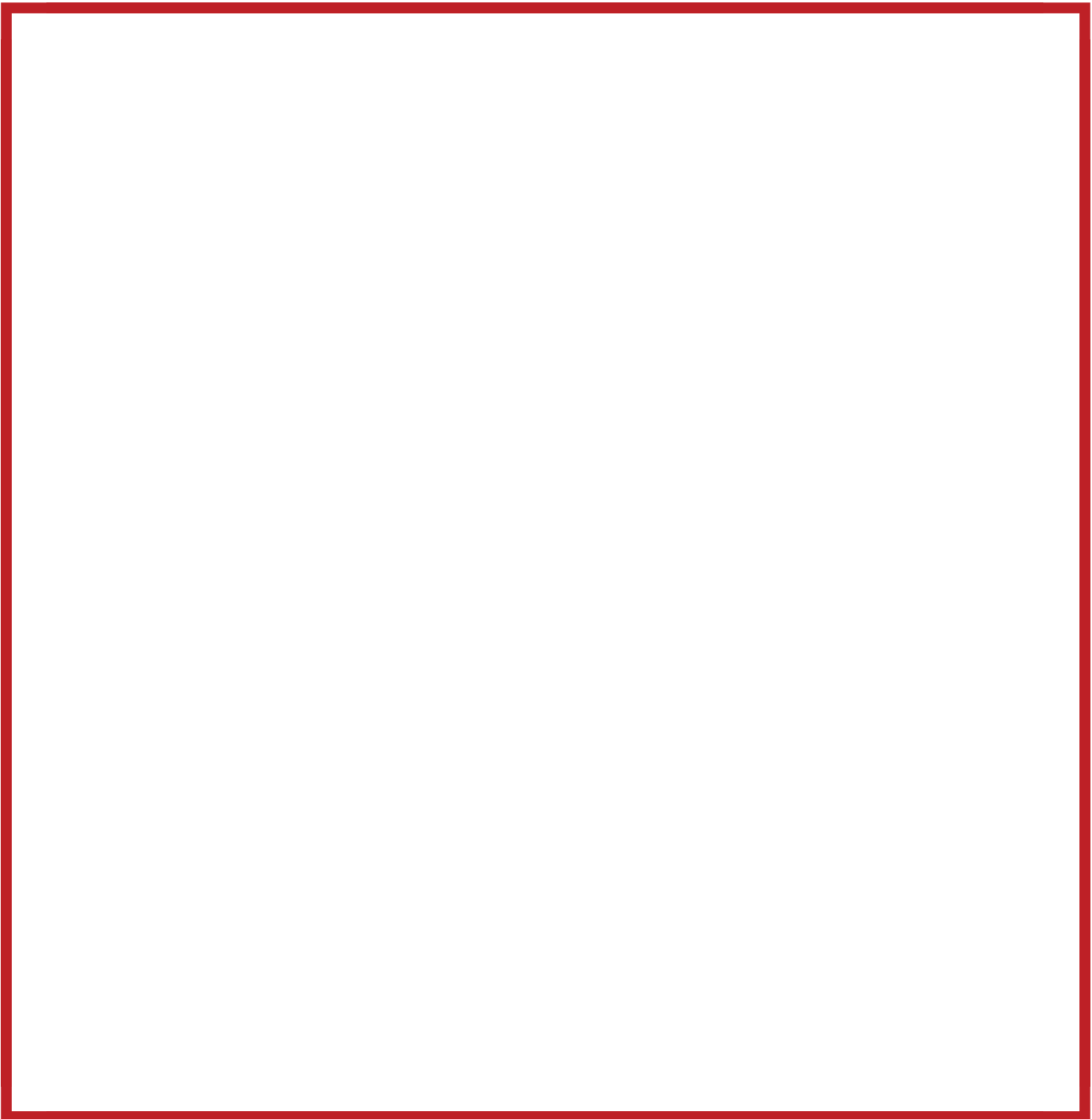


ps: i love you

-Eat Real to Heal-



**EAT REAL
TO HEAL**

ps: i love you

www.eatrealtoheal.ca

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What is our 'PS: I Love You' campaign about?

It's a campaign that flowed from my book 'Eat Real to Heal'. The book is inspired by my own health journey and my mission to teach the world how to eat and reverse any disease.

It is perfect for those who are looking to (re)connect with loved one(s) and get on the healing train together. The book has tons of recipes, inspiring healing stories, worksheets to keep your progress rolling and more.

It's a campaign where instead of telling someone that is battling a chronic illness or cancer to do this or do that, read this, watch that, or (don't) eat this... You simply tell them:

PS: I Love You!

But more importantly, PS I love you is an invitation to explore, research and adopt a plant-strong, whole food lifestyle because... I love you. I want you to be healthy, vibrant, disease free and have energy. I want to live a joyful life with you for as long as possible!

PS also means Plant Strong. Plant strong means you choose veggies over processed foods, you choose fruits and grains over packaged fake food. Plant strong means your body is thriving and is loving you and rewarding you for it.

I love you means... I love you.

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