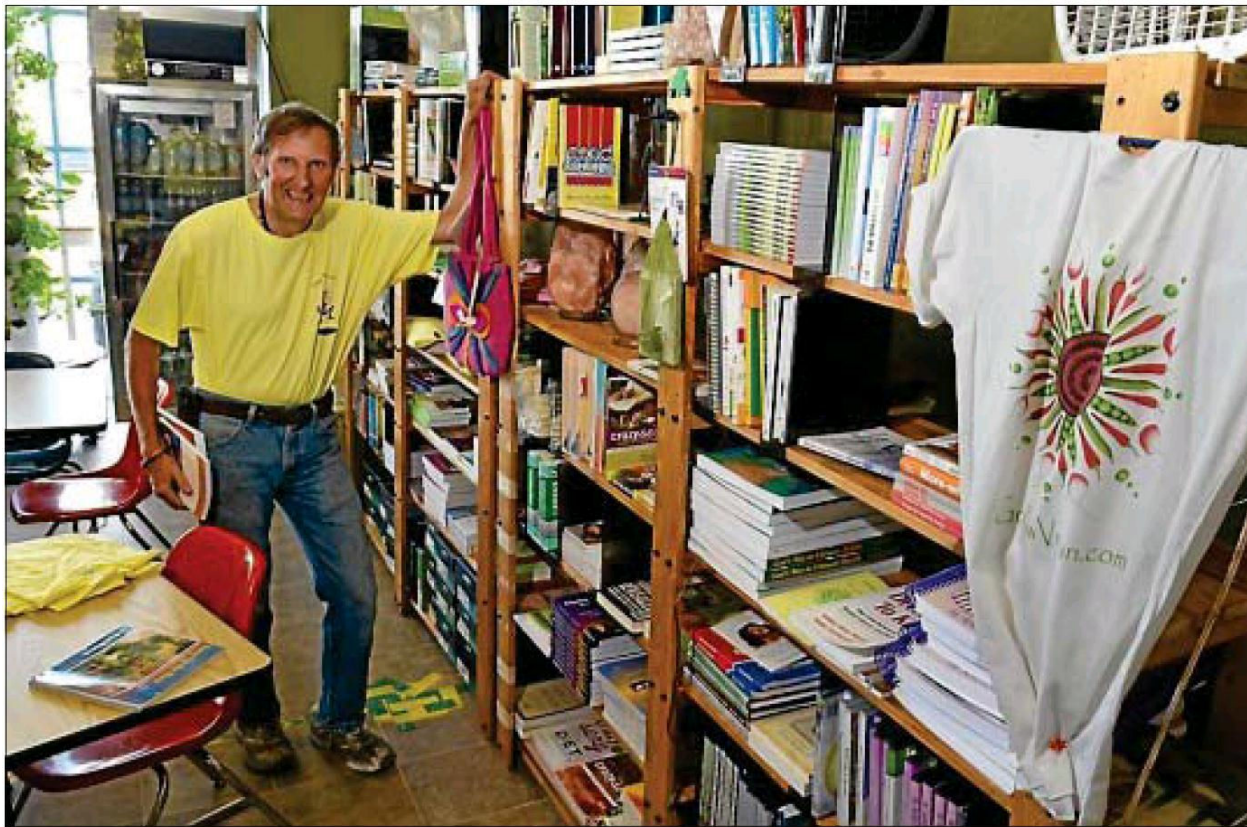


Keeping foods raw



GEOFF PATTON/THE REPORTER

OWNER ARNOLD Kauffman is shown at Arnold's Way in Lansdale. The store will be hosting a book-signing event on Sunday.

Author event to be held at Arnold's Way in Lansdale

By **BRIAN BINGAMAN**
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Don't just take Arnold Kauffman's word for it.

The owner of Arnold's Way is always eager to talk about how changing his diet to one based on raw fruits and vegetables has helped

him heal from heart disease. "I'm 65 and I rock," Kauffman said.

At a special event set for 6 to 10 p.m. Sunday at Kauffman's raw vegetarian food cafe, Arnold's Way in the Dresher Arcade at 319 W. Main St., Lansdale, there will be others that have been so moved by a similar dietary

change that they've published books about it.

"Each of us had a major ailment; now we're flying high. We decided to collaborate together and make a big party," said Kauffman, who said Monday that his chef is planning a fruit buffet, which will be complimentary for those who pre-order a book

from one of the authors.

Kauffman is promoting his second book, "The Way of Arnold." Lansdale resident and Arnold's Way employee Jessica Thim will share details about the children's book she's co-writing with Kauffman called "Johnny Nuclell."

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RAW

From A1

Chalfont resident Megan Elizabeth, who advocates a natural diet and lifestyle via YouTube and her blog, www.meganelizabeth.com, will talk about her third and latest cookbook.

Former Reporter staff writer Brian Rossiter will also be there. His debut book is titled "Alive! Leading a Raw Foods Lifestyle Destined to Make You Soar." The East Norriton resident, who wrote for The Reporter from 2001-2003, said he was "blown away" when he first tried an Arnold's Way green smoothie 10 years ago, and has gone raw ever since.

The green smoothie is a blended combination of an apple, a pear, two bananas, leafy

greens and 16 ounces of water.

"I never had any intention of going raw," said Rossiter, now a publicist for WHYY's TV, radio and online media outlets.

Bananas are the main staple of his diet. He eats more than 30 a day, and said his focus is "razor sharp" and feels like he has enough energy to work a 100-hour week. He wrote "Alive!" in four months.

"After seven days, I quit smoking," he said. "Tobacco and alcohol and even pharmaceutical drugs, they rob the body of vitamins and minerals."

Inspired by "The 80-10-10 Diet" by Doug Graham, Rossiter wrote "Alive!" because "there's a lot of misinformation about

raw foods," he said.

Kauffman, who describes himself as a poor typist and non-tech-savvy, enlisted Rossiter's help to edit "The Way of Arnold."

"It was such an honor," said Rossiter.

For more information, call (215) 361-0116 or visit www.arnoldsway.com or www.fruit-powered.com.

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