

FOR IMMEDIATE RELEASE

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Contact: Anaïs Dervaes
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On April 26, Path to Freedom – Urban Homestead will host a vegetarian potluck followed by a screening of the documentary *Food Matters: You Are What You Eat*.

This event will be held 5:30-9:00 PM at 626 Cypress Ave. in Pasadena. Cost is \$10. Space is limited so reservations are necessary. To reserve, please call (626) 844-4586 or register online at www.pathtofreedom.com/form/eventregistration.htm.

About the Film:

Food Matters (2008, 80 min.) is a hard hitting, fast paced look at our current state of health. Despite the billions of dollars of funding and research into new so-called cures we continue to suffer from a raft of chronic ills and every day maladies. Patching up an over-toxic and over-indulgent population with a host of toxic therapies and nutrient sparse foods is definitely not helping the situation.

Food Matters seeks to uncover the business of disease and at the same time explore the safe, cheap and effective use of nutrition and supplementation for preventing and often reversing the underlying causative aspects of the illness. The premise of the film is that access to solid information helps people invariably make better choices for their health.

The *Food Matters* directors have independently funded the film from start to finish in order to remain as unbiased as possible, delivering a clear and concise message to the world.

About the Potluck:

For the vegetarian potluck, attendees are encouraged to contribute food produced within a 100-mile radius of their homes (Santa Barbara to San Diego). If that's not possible, then strive to purchase organic foods grown within the closest distance.

About Path to Freedom:

Sponsoring organization Path to Freedom is a family-operated, viable urban homestead project established by Jules Dervaes in 2001 to promote a simpler and more fulfilling lifestyle and to sow a "homegrown revolution" against the corporate powers that control the food supply.

Since the mid-1980s, members of the Dervaes family have steadily worked at transforming their ordinary city lot in Pasadena into a thriving organic micro farm that supplies them with food all year round. The family also runs a successful home business providing their surplus produce to local restaurants. Through their adventures in growing and preserving their own food, installing a solar power system, home-brewing biodiesel for fuel, raising backyard farm animals, and learning back-to-basics skills, these modern-day pioneers have revived the old-fashioned spirit of self-reliance and resourcefulness. Since 2001, their website, www.PathtoFreedom.com, has inspired hundreds of thousands to take steps towards a sustainable future and has generated a 21st century urban homestead movement.

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