



# **The Way of Arnold: Experiencing Your Full Potential While Turning Back the Clock With Every Loving Raw Moment**

*Arnold N. Kauffman*

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# The Way of Arnold: Experiencing Your Full Potential While Turning Back the Clock With Every Loving Raw Moment

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## **The Way of Arnold: Experiencing Your Full Potential While Turning Back the Clock With Every Loving Raw Moment** Arnold N. Kauffman

At 65, Arnold Kauffman, owner of the world-famous raw vegan cafe Arnold's Way, shares what he's learned over 20 years of exploring how we can enhance our health and well-being through diet and exercise. Kauffman has been raw vegan since 1998, consuming mostly fruits and greens, and exercises almost daily. A self-described lean, mean fighting machine but known as one of the most loving, gentle human beings, Kauffman once operated a junk-food business and, upon finding inspiration when and where he least expected it, closed the business to open Arnold's Way in 1992. Located outside Philadelphia, Arnold's Way evolved from a vitamin and herb store to become a vegan cafe and then a raw vegan cafe. Kauffman has educated thousands to eat raw foods and many to transition to mostly or wholly raw lifestyles. He's also taught many how they can reverse health challenges by creating optimum healing conditions for their bodies. Kauffman shares his wisdom and explains his daily routine in *The Way of Arnold*, his first book since 2004's *14 Days of Fasting at Tanglewood*. *The Way of Arnold* features: • Seven Steps to Optimum Health • Day-In, Day-Out Secrets to a Healthy Lifestyle • The 5-5-5 Rule, designed to help you choose what to eat daily • Seven Stages of Disease • A focus on why the green smoothie is the king of all drinks

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