

Philadelphia Nutrition Examiner

Dr. Mitra Ray to speak on nutrition, aging and beauty

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Margie King

Dr. Mitra Ray, biochemist and co-author of *Do You Have The Guts To Be Beautiful?* will be speaking at several locations in the Philadelphia area on Sunday and Monday on how to look and feel beautiful inside and out. And it has nothing to do with moisturizers, serums, lifts, tucks, injections or surgery.

Dr. Ray, born in Calcutta, received a bachelor's degree in electrical engineering from Cornell University in 1986 and a PhD. in biochemistry from Stanford Medical School in 1991. She studies health and beauty at the cellular level, and has done research on degenerative diseases and whole food nutrition as preventative medicine.

Dr. Ray's co-author is Dr. Jennifer Daniels, who received her M.D. and M.B.A. at the University of Pennsylvania. The two women met at a health retreat where Dr. Daniels was speaking on beauty and natural methods of reversing and slowing skin aging, graying hair and balding. Around the same time Dr. Ray, had been experimenting with hair dyes and had an awful reaction to the chemicals. Her face "blew up like an elephant's" and later her hair started to fall out leaving her with bald spots. She followed Dr. Daniels's suggestions together with her own program, reversed the balding and now keeps the gray at bay naturally.



She believes that anyone can look 10 to 20 years younger by following the book's program for just 30 days. This is beauty from the inside, radiating health, rather than looking all done up.

A mother of 2 girls aged 8 and 10, Dr. Ray has been lecturing for 15 years on the benefits of a whole food diet and is motivated by her concern that her children are facing a world full of bad information and bad food and lifestyle choices.

Her talks, sponsored by JuicePlus, will cover both beauty and overall fitness. She advocates a plant based whole foods diet for optimal health and to protect against chronic disease, but she also recommends JuicePlus supplements for those who cannot manage to get the 7 to 13 recommended servings of fruits and vegetables every day.

Three events are scheduled:

Sunday, June 7, 2009: Serenity Health and Fitness Center, 80 Gravel Pike Road, Red Hill, PA 18076 at 6:30 - 7:30 pm

Monday, June 8, 2009: Davinci's Pub, 215 East Main Street, Collegeville, PA 19426 at Noon

Monday, June 8, 2009: Country Creek Winery, 133 Cressman Road, Telford, PA 18969 at 7 - 8 pm

Margie King is a *holistic health counselor* attending the Institute for Integrative Nutrition. A Philadelphia native, she practiced business law for 20 years before retiring to pursue her interests in nutrition, health and well-being.

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