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Responsible Eating And Living selected by *VegNews*
as one of the “10 Non Profits You Need To Know.”

OCTOBER 25, 2011, New York, NY. Responsible Eating And Living (REAL), a 501c3 not-for-profit organization dedicated to educating the public on the benefits of a plant-based diet and planet-friendly lifestyle, is featured in the [VegNews Magazine](#) article, “10 Non Profits You Need To Know.” Ms. Hartglass, the founder of Responsible Eating And Living said, “We are so excited and honored to have been selected, especially since Responsible Eating And Living was launched just four short months ago in July.”

Here’s some of what the folks at [VegNews](#) had to

say: Former opera singer and executive director of Earthsave, Caryn Hartglass founded REAL in New York City after being diagnosed with ovarian cancer in 2006. With a master’s degree in chemical engineering, Hartglass wasn’t one to accept dubious scientific claims, and found ample evidence in natural cancer-fighting methods such as nutrient-dense diets, exercise, meditation, supplements, and yoga—and has been cancer-free for the past four years. According to the National Cancer Institute, 40 percent of the adult population will be diagnosed with cancer during their lifetime, making REAL’s work all the more important. The organization’s website serves as an information hub with healthy vegan recipes, and Q&As with cancer survivors offer a well-rounded resource for patients.



For more information about **Responsible Eating And Living**, or to schedule an interview with Ms. Hartglass, please call 1-718-490-0507 or send an email to Caryn@ResponsibleEatingAndLiving.com.