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THE UNcooking SHOW SIZZLES WITHOUT THE FRYING PAN

Los Angeles, C.A (September 2005)- Throw out your frying pan and regain your health and vitality. This is the premise behind Los Angeles Producer Ron Gilmore's "The UNcooking Show," a new pilot designed to celebrate the joys of raw cuisine. For those of you who think raw food is a life of deprivation relegated to salads and smoothies-the show will open up your senses and imagination to pizzas, enchiladas, cookies, pies and more! The UNcooking Show promises to inspire both Living Food purists and the uninitiated alike. Viewers will get a first hand look at the variety of foods available on this eating plan and the show will also feature medical experts weighing in on health matters. Gilmore plans to feature celebrities who eat raw, offer living food restaurant reviews and give tips on improving the health of our planet.

The show is a labor of love for Gilmore whose personal transformation came as a direct result of the transition to a living food regimen. The computer administrator/Raw food practitioner lost forty pounds, cleared up the sinus problems that had plagued him for years, ended the battle with acid reflux and developed the "glowing skin" of a raw food convert. Gilmore's own transition to the diet revealed a hidden, fast growing world that needed a voice. The inspiration to share his knowledge led him to the creation of the UNcooking Show.

Gilmore, whose background is in graphic design and food, put on a producer hat, gathered friends and advertised on craigslist.org to assemble the cast and crew. He scheduled the work around his day job and spent over ten months constructing the pilot. Laura Lynn, a Nashville country western singer and former radio host of 97.1 KLSX in Los Angeles, is the on air host. Ellen Cheng, a former Boston television news reporter and Tonya Kaye, a STOMP professional dancer, round out the team as correspondents. The diversity in casting illustrates the broad spectrum of people who are passionate about the lifestyle.

Gilmore's goal is not to transition everyone to a raw lifestyle. He says of his effort, "it's to inform people of the raw vegan lifestyle. It's to educate people about ecology, the environment and to entertain. It's more than just the food and ourselves-it's how we relate to other people and ourselves." Not all people who eat raw follow the diet 100% and that's okay with Gilmore.

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For those skeptical about lives without a stove the UNcooking Show will challenge your assumptions. Those that subscribe to this regimen claim the benefits can include weight loss, glowing skin and eyes, increased energy, balanced emotions (some claim serenity and bliss!) and reversal of a variety of diseases. Correspondent Tonya Kaye credits her switch to a raw lifestyle for profound changes in her life. Kaye claims over time she experienced “subtle, profound changes that transformed my spiritual life, relationships, emotional health and allowed me to live a life of greater integrity.” With her body and emotions brought into balance by the raw lifestyle she was able to go off medication for bipolar disorder and now calls her life “a series of miracles.”

Gilmore’s dream is to find a home for The UNcooking Show on THE FOOD NETWORK, network or cable television with an interest in airing the natural joys of raw cuisine. The show’s cross appeal to vegans and omnivores (the vegan society claims “60-70% of vegetarian restaurants are omnivores enjoying veganics on a regular basis.”) and it’s unique concept would make it a must see for foodies and health seekers alike. One episode of the UNcooking show will transform the way you look at food and your health.

For additional information or a sample copy of The UNcooking Show please contact Ron Gilmore at 626-230-3593 or e-mail ron@gilmomedia.com. Please log on to <http://www.uncookingshow.com>.

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