

About Robyn & Geoff Randolph

Robyn grew up in Beverly Hills and was raised eating a man made diet of fast foods, additives and preservatives. At age ten she was already receiving Demerol injections to combat the debilitating migraines I was suffering from. I was constantly sick with all kinds of immune issues. By the time she was eighteen, she was addicted to nasal spray and nicotine. Next she developed hypoglycemia, where at times she would lose her vision and hearing or even pass out. Sometimes she needed to eat as many as three times in the night just to make it through to morning. She has had Epstein Barr, glandular fever/mono, chronic fatigue, extreme candida and also suffered with severe anxiety attacks. Then...(when she was forty), she got poisoned by the off-gassing molecules of oil-based paint. For months I could barely make it through each day.

Robyn has been blessed to learn, heal, and come out the other side with vibrant energy and a passion to share what she has learned with others! She knew nothing about creating recipes or writing and had no role models and simply had to learn how to eat raw foods in order to survive after being poisoned.

Geoff grew up in California and has been interested in healthy eating most of his life. As a child he was overweight, as a result of eating the standard American processed food diet of the 60s. When he had to start hitting strict weight targets for his high school wrestling, Geoff began his passion for understanding, how what we eat affects the way we look, feel and exist in our bodies. Recently, Geoff lived for ten years on a ranch in the remote mountains of Northern California, where he learned to be self sufficient and grow a large amount of his fruits and vegetables, as well as raise chickens, goats, hogs, rabbits and sheep. Geoff is an avid researcher and passionate writer on the topics of diet and nutrition. His favorite food choice is kale and he is fast becoming an expert on cruciferous foods.

Robyn and Geoff Randolph live in Scotland where they pursue their passion for living a sustainable life, being with and around people who share their delight in growing, harvesting and preparing organic food in all its glory. Living in close proximity to both the world famous Findhorn Foundation and the community of Newbold House, they have the opportunity to collaborate on multiple projects concerning the growing, education and preparation of PURE food. The real issue for all of us is about finding PURE food, safe and able to deliver high nutrient density.

Pure Highland Living...Real People, Pure Food

Is all about living and loving life as pure as possible in the Highlands of Scotland. They offer healthy holiday eco tours as well as workshops on healthy eating, how to find the love of your life, and creating the life of your dreams. They also host workshops and private retreats for any size group and we handle all the arrangements and offer sustainable living tours and promote and arrange workshops, retreats, and meetings for other groups and workshop leaders. contact us at

Book Description

This book is the blend of both of our voices, relaying years of their collective experiences and observations with the understanding of: *what, when and how we eat, affects who and what we are.*

Give yourself the gift of experiencing the 21 day **PURE** Transformation following their guidelines and Intuitive Eating Coaching.

PURE 5:2 is based on renowned author Robyn Randolph's seventeen years of teaching raw food workshops and working extensively with a wide range of people with dietary and weight loss issues. The secret lies in PURE which stands for Phytochemicals, Unprocessed, Raw and Enzyme-rich foods. By choosing the right, nutrient-dense foods, fasting days become a doddle and the body gets exactly what it needs to function optimally without cravings, energy or mood dips or toxic withdrawal. Robyn and Geoff Randolph have transformed and merged the currently very 'fashionable' Intermittent Fasting and Intuitive Eating trends into a 21 day program that will practically transform your understanding and relationship with food, even-out moods, balance metabolism and raise energy to a whole new level.

Website: www.purehighlandliving.com