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ONE GUN RANCH MALIBU'S NEW GUIDEBOOK INSPIRES VIBRANT LIVING AND OPTIMAL HEALTH

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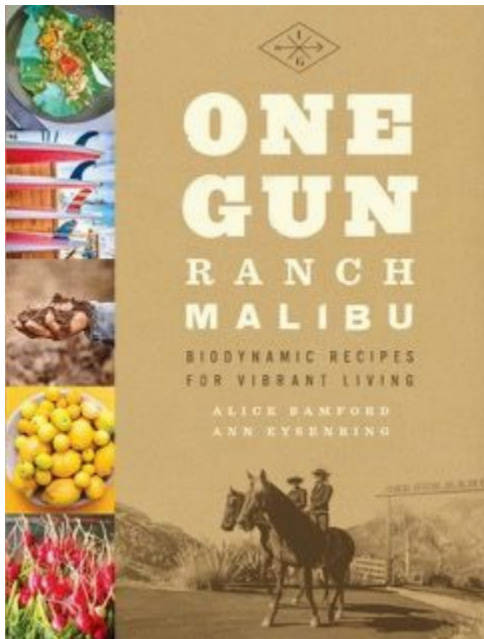


One Gun Ranch – and owner Alice Bamford's new transformative guidebook launches any day now.

The book is absolutely stunning, provides tips and tricks for readers to reset their health (just in time for bikini season!) and offers mouthwatering recipes inspired by life on **One Gun Ranch**.

Their One Gun beet brownie recipe is OUT OF SIGHT.

Co-Authors Alice Bamford and Ann Eysenring offer home-grown wisdom, delectable biodynamic recipes and transformative information for sustainable well-being in “One Gun Ranch, Malibu: Biodynamic Recipes for Vibrant Living”



Guidebook lovers, health advocates and gardeners alike will discover a volume filled with **authentic recipes for living well that’s also packed with wholesome tips and spectacular photography.**

Authored by Alice Bamford and Ann Eysenring, the owners of One Gun Ranch Malibu and passionate advocates of **biodynamic principles in farming and beyond, the guidebook presents a viable approach to nutrition, fitness and well-being, one that nourishes the spirit as well as the body.**

Drawing on generations of home-grown wisdom, Alice and Ann dish the dirt on healthy soil and happy bodies—offering up advice ranging from eating your vitamins, how to meditate, work out in nature, enhance fitness while hiking, what to look for at Farmers Markets to discovering your green thumb planting a window box or a raised bed making a *supersoil* compost and preparing your own biodynamic menus. They highlight their simple solution to the mass-produced “crisis on our plates”: a natural life cycle that goes back to the basics and is perfectly designed to optimize health.



“We are thrilled to have put our lifestyle and passion to paper, creating an accessible platform to help enlighten people about biodynamics and the joyful benefits from living with the land and the rhythms of nature,” Alice says. “Through sharing our story, inherited knowledge and the way we live we hope to encourage people to cultivate their true life force and harness their natural potential empowering them to revive the mind, body and soul.”

Throughout the book, Alice and Ann explain the overwhelming positive impact of biodynamic living and harvesting crops according to the cycles of the moon. Plus, they highlight their work with UCLA and heroes of this long-practiced movement, visionaries who help spread the message of how growing crops and actually extending biodynamic principles to every aspect of life can help everyone maintain a more sustainable, healthful, energetic and beneficial way of life.

Alice Bamford is a film producer, healthy living advocate and farmer. **Ann Eysenring** is a leading real estate strategist and biodynamic farmer. Together they own One Gun Ranch in Malibu, California — a sunlit paradise of simple, sustainable living and a place in the forefront of the new standard in biodynamics.

About One Gun Ranch

Founded in 2008, One Gun Ranch is a Demeter Certified Biodynamic farm in Malibu, California, cradled in the Santa Monica Mountains with breathtaking views of the Pacific Ocean and awe-inspiring rock formations. A magical place for healing mind, body and spirit, the ranch is a sanctuary of serenity that inspires a healthy lifestyle. Nature is our greatest teacher, and One Gun Ranch provides a stunning place to improve and appreciate ourselves. Originally purchased as raw land by the bassist from Guns and

Roses, One Gun Ranch inherited its name from that legendary American hard-rock band, and was established with the mission of educating people about biodynamics, the benefits and joy of living with the land and rhythms of nature.

At One Gun Ranch, farming is conducted according to biodynamic principles that produce healthy, mouthwatering food. The sowing, planting and harvesting of crops is all in accordance to the moon, sun and planets. The farm itself is a living organism, and as such, all living things on the farm are reused and recycled back into the land. Rescued animals roam the ranch freely, contributing to its signature Super(ior) Soil that is the foundation of the closed loop system of biodynamic farming. Owners Alice Bamford and Ann Eysenring believe in providing love and support to the local community through good food and soil.

Bamford and Eysenring sell their greens, veggies and fruits to local markets and restaurants throughout Los Angeles, including at their quintessential Malibu-inspired Ranch at the Pier shop located at the end of the iconic Malibu Pier. Ranch at the Pier represents Malibu in its entirety, showcasing the work of local artisans and homegrown brands, and celebrates the incredible elemental life along the California Coast – the surf and skate culture, the magnificent nature and hiking, the fishing, boating and auto/motorcycle culture. For further information on One Gun Ranch and Ranch at the Pier, visit <http://www.1gunranch.com> and <http://ranchatthepier.com>.



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