

**For Immediate Release**

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## **Natural Harmony Foods Featured on Wallst.net**

FORT LAUDERDALE, FL, October 23, 2007 – Natural Harmony Foods, Inc. (Pink Sheets: NHYF), Natural Harmony Foods was featured last week on the popular investor services site WallST.net. The interview was conducted just before Sam Dewar, President and CEO of Natural Harmony presented at The Wealth Expo in New York City. There Dewar was able to network with many of the over 1000 investors who attended the event seeking information on high growth companies. The interview outlined upcoming plans for Harmony and in particular Dewar detailed revenue projections and comparative market cap values based on other food companies. Of note was that 2008 revenue projections are as high as \$8-10 million which could equate to a market value of \$40 to \$50 million by the end of the year. Also mentioned was Dewar's upcoming appearance at the E.C.R.M. Healthy Living Foods Event where he will be presenting before major national retailers and wholesalers.

### **About Natural Harmony Foods**

Natural Harmony Foods, Inc. (Pink Sheets: [NHYF](#)) is an innovative food company dedicated to producing healthy, flavorful, convenient foods that fit the lifestyles of individuals looking to make better, health conscious diet choices without sacrificing taste. The recently launched sandwiches are the first "Grab N' Go" products that are natural and healthy. For more information about Natural Harmony Foods, SoLean® products, and helpful Internet links, please visit [www.naturalharmonyfoods.com](http://www.naturalharmonyfoods.com). NHYF Shareholders are encouraged to register on the "Investor Relations" page to receive ongoing Natural Harmony Foods news updates, and/or search "NHYF" on [www.pinksheets.com](http://www.pinksheets.com) for current financial information on the company.

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"Forward-looking statements" as defined in the Private Securities Litigation Reform Act of 1995 may be included in this release. These statements relate to future events or our future financial performance. These statements are only predictions and may differ materially from actual future results or events. Natural Harmony Foods disclaims any intention or obligation to revise any forward-looking statements whether as a result of new information, future developments or otherwise. Important risk factors – including, but not limited to, risks associated with changes in general economic and business conditions, actions of our competitors, the extent to which we are able to develop new products and markets for these, and changes in our business strategies – could cause actual results to differ from those contained in forward-looking statements,.

**SOURCE:** Natural Harmony Foods, Inc. (Pink Sheets: [NHYF](#))