



Raw Food Cookbook and Diet: 75 Easy, Delicious, and Flexible Recipes for a Raw Food Diet (Paperback)

By Rockridge Press

Callisto Media Inc., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. The raw food diet is the most natural method you can use to get healthy. When we cook our foods, we remove necessary nutrients that nourish our bodies and prevent disease. A raw food diet can help you overcome health problems, cure pain, and increase your energy. The raw food diet is scientifically proven to be one of the most effective diets for getting healthy and losing weight. Adopting a healthy raw food diet can appear challenging, as our modern culture often does not embrace the superior health benefits of raw food. Raw Food Cookbook and Diet offers a complete introduction to eating raw, making it easy to transition to one of the most natural and effective diets. Raw Food Cookbook and Diet will help you understand and get started on the wildly successful raw food diet with: 75 easy, delicious, and flexible raw food recipes for every meal Complete introduction to the raw food diet Overview of the health and weight-loss benefits of eating raw foods Detailed list of the nutrients associated with each raw food option Tips on...



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