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Rawsome

By Brigitte Mars

Basic Health Publications. Paperback. Book Condition: New. Paperback. 370 pages. Dimensions: 8.9in. x 5.5in. x 0.9in. A raw foods diet advocates exactly that: eating raw foods. No cooking, no grilling, no steaming, no application of high temperatures. Why? Because eating food closest to its natural state engenders a tremendous exchange of energy between food and body. The result, over time, is a feeling of buoyant, radiant health. Tackling head-on the skepticism likely to greet proponents of what the world sees as a fad diet, renowned nutritional consultant and raw foods adherent Brigitte Mars presents historical data and scientific evidence confirming the efficacy of raw foods diets in: Supporting emotional stability; Increasing energy levels; Clearing the skin; Boosting immune-system function; improving digestive function; Dispelling depression; Sustaining overall good health. In addition, Mars points out the environmental benefits of the raw foods diet, making a case for eating raw foods as a means of reducing waste, making the most of agricultural practice, and reducing the human footprint on the earth. Whether the reader wants to jump right into an all-raw diet or just wants to introduce more raw foods into the diet, Mars offers gentle encouragement and practical instruction. Readers will find...



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