



The Raw Food Diet, Christine Bailey, Duncan Baird Publishers, 2012, 184483994X, 9781844839940, . Raw food is uncooked, 'living' food, rich in vitamins, minerals, phytonutrients and enzymes. By incorporating more raw food in your diet, you provide your body with essential enzymes and nutrients it needs to process food, detoxify your system, create energy and perform at its optimum - and at the same time shed excess weight. Do you want to get slimmer, and feel fitter, leaner and healthier? If so, The Raw Food Diet is for you. Christine Bailey offers three sensational diet plans - the weekend raw blitz, a week-long plan and raw for life. All are accompanied by super-quick and easy-to-follow recipes with advice on preparing ahead, stocking your pantry and key ingredients to make life simple. The Raw Food Diet includes over 100 delicious raw food recipes with a focus on fast, nutritious, uncomplicated dishes designed with simplicity and speed in mind. This book is perfect for raw food beginners, busy people and those who want to follow a healthier, fresher diet to achieve a thinner, younger-looking body. The Raw Food Diet will leave you feeling lighter, leaner and with more energy..

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Going Raw Everything You Need to Start Your Own Raw Food Diet and Lifestyle Revolution at Home, Judita Wignall, May 1, 2011, Cooking, 192 pages. Go raw, get radiant, start a revolution! A raw-food diet is a healthful way to detox, clear up your skin, shed a few pounds, and feel radiant. But who has time to track down

The Raw Secrets The Raw Food Diet in the Real World, 3rd Edition, FrD“Â©dD“Â©ric Patenaude, 2006, Health & Fitness, 216 pages. The Raw Secrets will help you live sustainably on the raw vegan diet and overcome the problems you may have encountered in doing so. Based on logical principles, the raw vegan

Hooked on Raw , Rhio, Apr 1, 2010, Cooking, 336 pages. This title has sold over 35,000 copies/ Formerly self-published/Rhio is a dynamic personality and an internationally known and respected expert in the field of raw foods. She

Beyond Broccoli , Susan Schenck Lac, 2011, Meat, 270 pages. Going raw had originally proved to have many benefits, but after a few years of veganism, Schenck began to exhibit health concerns: deficiencies of vitamin B12, memory problems

Eating Without Heating Favorite Recipes from Teens who Love Raw Food, , Jun 1, 2003, Raw food diet, 145 pages. "Favorite recipes from teens who love raw food"--Cover..

The Non-Diet Real Cookbook Easy Recipes to Stay Skinny Eating Anything You Want and Learn How to Cook!, Krystle Nicole Russin, 2010, Cooking, 132 pages. Food is meant to be eaten! Let's face it. Most diet food resembles rat poison; either eat it or starve miserably. When we don't diet, we look pregnant with "a food baby

The Hallelujah Diet , George H. Malkmus, 2006, Health & Fitness, 378 pages. Hallelujah! Here is a

diet that will dramatically change your life from the inside, out. Based on a biblical foundation and years of research, statistics, and powerful

Sweet Poison , William Relling, Jr., Feb 1, 2000, Fiction, 251 pages. In the second Jack Donne mystery set in the wine country of Southern California, private eye Donne is hired to protect an overbearing food critic who is sure someone is out to

Raw Juicing The Healthy, Easy and Delicious Way to Gain the Benefits of the Raw Food Lifestyle, Leslie Kenton, 2009, Cooking, 218 pages. Features more than one hundred primarily raw juice recipes that can be easily prepared, citing the myriad potential benefits of fresh juice while outlining a range of health

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The Juice Lady's Living Foods Revolution Eat Your Way to Health, Detoxification, and Weight Loss with Delicious Juices and Raw, Cherie Calbom, 2011, Health & Fitness, 241 pages. "Nutrition expert Cherie Calbom explains the benefits of raw foods, based on new scientific research that shows that biophotons in plants carry light energy into our bodies

Raw Inspiration Living Dynamically With Raw Food, Lisa Montgomery, Aug 1, 2009, Cooking, 180 pages. An inspiring and informative raw foods lifestyle book featuring personal stories of healing through raw foods, tips for setting up and maintaining a raw foods kitchen and

Raw-Riffic Food's 101 Super-Charged Juices, Shakes & Smoothies , Deborah C. Marsh, , , . .

A Mother and Daughter Diary of Raw Food Recipes for Beginners , Caroline Carter, Shenita Ray, Jun 10, 2010, Cooking, 186 pages. My daughter and I believe that the foods we eat have a big impact on our health. Thus, we are dedicated to creating nutritious dishes that taste delicious and showing others

Raw Food Quick & Easy Over 100 Healthy Recipes, Mary Rydman, 2009, Cooking, 186 pages. The latest in the Raw Food series provides over one hundred new, healthy, quick, and easy to make raw food recipes, with tips for making your food preparation even easier, and

The Raw Food Diet Myth What You Need to Know about the Raw and Living Food Lifestyle to Improve Your Health, Fitness, and Life, Ruthann Russo, Jan 1, 2008, Raw food diet, 250 pages. Raw food is not just a diet. It is a revolutionary philosophy. The purpose of this book is to introduce you to the revolutionary philosophy of raw and living foods by pulling

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