



**Rawsome!: Maximizing Health, Energy, and Culinary Delight with the Raw Foods Diet, Brigitte Mars, ReadHowYouWant.com, 2009, 1458701506, 9781458701503, 766 pages.** 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..

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**Raw The Uncook Book: New Vegetarian Food for Life, Juliano Brotman, Erika Lenkert, Apr 27, 1999, , 304 pages.** "When you eat raw foods you feel great. I just wanted to share that." -- Juliano Raw [adj]. 1. clean 2. pure 3. uncontrived 4. free 5. safe 6.uncontaminated Raw [adj]. 1 ....

**Addiction-Free Naturally Liberating Yourself from Sugar, Caffeine, Food Addictions, Tobacco, Alcohol, and Prescription Drugs, Brigitte Mars, Feb 1, 2001, Family & Relationships, 272 pages.** Addiction-Free--Naturally offers information on gentle but effective ways to ease cravings and nourish the body, as well as on cleansing the body of accumulated toxins and ....

**Food Combining for Health Get Fit with Foods that Don't Fight, Doris Grant, Jun 1, 1985, Health & Fitness, 248 pages.** Based on the Hay system of separating incompatible foods, this program shows you how to alleviate symptoms of gastric disturbance and food allergies, and enhance well-being..

**Living in the Raw Recipes for a Healthy Lifestyle, Rose Lee Calabro, Jan 1, 2003, Cooking, 314 pages.** Rose Lee Calabro is one of the pioneers of the raw foods movement. Here she offers easy suggestions on how to sprout and dehydrate a host of beans, grains, and seeds and use ....

**The Complete Guide to Nutritional Health More Than 600 Foods and Recipes For Overcoming Illness and Boosting Your Immunity, Pierre Jean Cousin, Kirsten Hartvig, Jul 1, 2006, Health & Fitness, 288 pages.** Focusing on the curative properties of food, this comprehensive guide to healthy eating features more than 350 recipes and profiles of more than three hundred common foods ....

**Kristen's Raw The Easy Way to Get Started & Succeed at the Raw Food Vegan Diet & Lifestyle, Kristen Suzanne, 2008, , 208 pages.** This guide provides advice, tips and tricks for changing your habits and succeeding with the raw food vegan diet and lifestyle..

**The Raw Transformation Energizing Your Life with Living Foods, Wendy Rudell, 2006, Cooking, 280 pages.** Provides raw food recipes that combine the healthy philosophies of living ingredients with appetizing flavors, in a volume that includes such options as Indian vegetable curry ....

**Diet for a New America , , Apr 1, 1998, Health & Fitness, 423 pages.** A second edition of the nutrition classic takes a hard look at the average American's diet and the health problems it can

cause, describes the methods used in raising and ....

Dandelion Medicine Remedies and Recipes to Detoxify, Nourish, Stimulate, Brigitte Mars, Jan 9, 1999, , 119 pages. Looks at the history and characteristics of the dandelion, discusses its use by sufferers of arthritis, high cholesterol, depression, and diabetes, and includes dandelion recipes.

Hooked on Raw Rejuvenate Your Body and Soul With Nature's Living Foods, Rhio, Apr 15, 2010, , 336 pages. Rhio, a dynamic personality in the raw foods movement, offers readers a delightful, integrated wisdom about raw foods and living the raw lifestyle. In addition to over 350 ....

Rawsome Recipes Whole Foods for Vital Nutrition, Robyn Boyd, Jul 30, 2005, , 182 pages. Contains 175 mouthwatering recipes illustrated with dozens of gorgeous photographs. Includes sections on whole food nutrition, sugar problems, weight loss, and meal planning ....

Tantra The Art of Conscious Love, Charles Muir, Caroline Muir, 1989, , 134 pages. Shares tantric secrets for deepening relationships, intimacy, and passion, and discusses harmony, communication, and healing.

Healing foods nutrition for the mind, body and spirit, Michael Van Straten, 1997, Medical, 224 pages. Discusses the healthiest foods for various stages in life and physical conditions, and describes the health advantages and dangers of particular foods.

Rosemary Gladstar's Herbal Recipes for Vibrant Health 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family, Rosemary Gladstar, Sep 3, 2008, Health & Fitness, 400 pages. Rosemary Gladstar is the mother of modern herbalism. Her wisdom and vision have inspired an entire generation of herbal healers, and her insights into the healing power of ....

Wild Fermentation The Flavor, Nutrition, and Craft of Live-culture Foods, Sandor Ellix Katz, 2003, Cooking, 187 pages. Describes the benefits, worldwide traditions, and science of fermented foods, and provides more than ninety recipes..

The Raw Food Revolution Diet Feast, Lose Weight, Gain Energy, Feel Younger, Cheri Soria, Brenda Davis, Vesanto Melina, 2008, Cooking, 237 pages. Enjoy imaginative and delectable raw food recipes to help you lose weight from Chef Cherie Soria as you learn about the nutritional make-up of raw and living foods by renowned ....

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