



Raw Food Diet: Fostering a Healthier Lifestyle: Great Raw Food Recipes for the Home

Alistair Whitmore

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The Raw Food Diet offers the best way to improve our health and lose weight in the process. What sets the Raw Food Diet apart from the others is that the foods in this diet change our metabolism in beneficial ways. If followed consistently, it will improve our health and help us avoid life threatening diseases. The theory behind the Raw Food Diet is that eating foods raw will give our body the most energy, vitality, keep us younger looking and avoid disease.

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