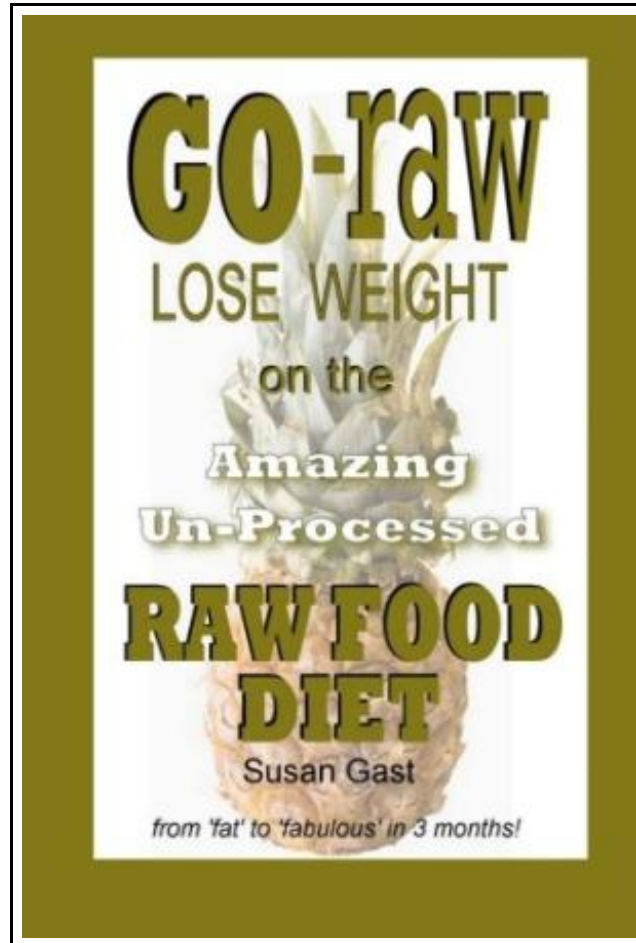


Amazing Un-Processed Raw Food Diet



Filesize: 9.6 MB

Reviews

A must buy book if you need to adding benefit. Better then never, though i am quite late in start reading this one. I am very happy to inform you that this is basically the very best book we have study during my own life and could be he finest ebook for possibly.

(Rodger Hane)

AMAZING UN-PROCESSED RAW FOOD DIET



Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Amazing Un-Processed Raw Food Diet book takes you back to the simpler times of eating REAL un-processed food - just like our grandparents enjoyed. Yes, food that actually nourished the body, and the mind. Fruit and Vegetables, Nuts and Seeds. eaten raw - and un-processed - bursting with life-enriching live enzymes that sadly, modern-day cooking destroys. Are YOU sick and tired too of processed junk food? Are you looking for the Fountain of Youth ? Well, it s been under our noses all the time. growing in fields and orchards, and sold in grocery stores! Tired of gimmick diets, fast-food, and yo-yo dieting, the author discovered the huge benefits of going raw and in under three months, eliminated her chronic ulcer problem that she d tolerated for a decade. And the fantastic side-benefit? Effortless weight loss too! You ll discover proper food combining and learn why the acid/alkalinity of the foods you eat is very important to allow your over-worked digestive system to function properly, and to promote greater overall health. Use the author s free Psychological Tool to rid yourself of cravings, and use her Motivation Mental Imagery technique to keep you on the track to better health, and a slimmer you! Though the Amazing Un-Processed Raw Food Diet wasn t written solely as a means of losing weight, the effects of going raw and the resulting safe, easy weight-loss cannot be ignored. What a terrific bonus! Get your copy today, start feeling better tomorrow, and show off your new body at all the upcoming holiday festivities! In brief, the book covers: - Un-Processed Raw Food Health Benefits - Yes, you CAN eat fruit, and lots...



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