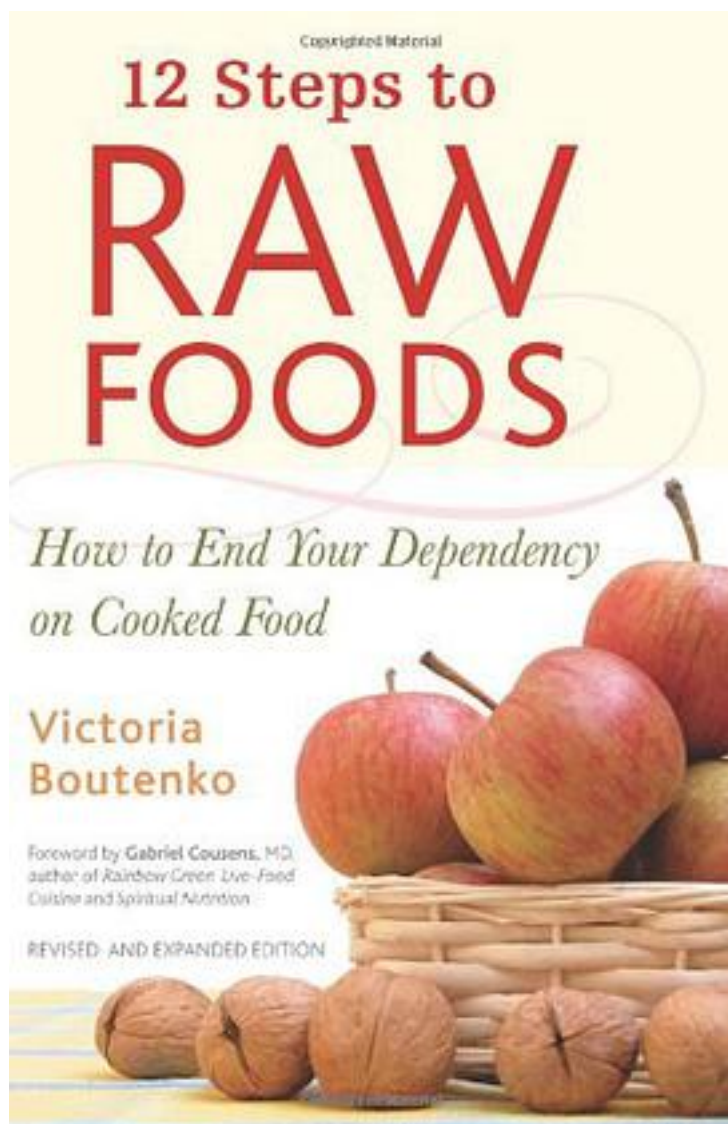


# 12 STEPS TO RAW FOODS



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著者:Boutenko, Victoria

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Why do we overeat time and time again? Why do we make poor diet choices while we want to be healthy? What makes losing weight so difficult? These and many other vital questions are addressed in 12 Steps to Raw Foods in an open and sincere dialogue. Based on the latest scientific research, Victoria Boutenko explains the numerous benefits of choosing a diet of fresh rather than cooked foods. This book contains self-tests and questionnaires that help the reader to determine if they have hidden eating patterns that undermine their health. Using examples from life, the author explores the most common reasons for people to make unhealthy eating choices.

Rather than simply praising the benefits of raw foods, this book offers helpful tips and coping techniques to form and maintain new, healthy patterns. Learn how to make a raw food restaurant card that makes dining with co-workers easy and enjoyable. Discover three magic sentences that enable you to refuse your mother-in-law's apple pie without offending her. Find out how to sustain your chosen diet while traveling. These are only a few of the many scenarios that Boutenko outlines.

Written in a convenient 12-step format, this book guides the reader through the most significant physical, psychological, and spiritual phases of the transition from cooked to raw foods. Embracing the raw food lifestyle is more than simply turning off the stove. Such a radical change in the way we eat affects all aspects of life. Boutenko touches on the human relationship with nature, the value of supporting others, and the importance of living in harmony with people who don't share the same point of view on eating. Already a classic, this enhanced second edition is aimed at anyone interested in improving their health through diet.

作者介绍:

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标签

健康

食

评论

赞成生食理念，不过完全的生食要做到并不容易，比如大量的坚果和长时间的烘干时间包括海外购买烘干机，都需要金钱和时间来支持。我赞成循序渐进，不赞成瞬间做到100%生食。书中一些小贴士还是挺有用的。

值得一读，可能会从此改变你的饮食习惯。我们现在吃的确实太不健康了. dare to live the life you have dreamed for yourself--Ralph Waldo Emerson Clarity is the ability to see life events as they are, without the distortion of knowledge. Very often, accumulated knowledge prevents us from gaining real clarity.

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## 书评

一直都认同中式烹调会使营养缺失，不过这位同学说的所有烹调都会流失大多营养还是有点震惊。引用资料详实，值得一读。十二步法 1. 认识问题 2. 补充营养，消除馋念 3. 学习技巧，获取装备 4. 无论你吃什么我都爱你 5. 躲避诱惑 6. 获取力量 7. 感恩与原谅 8. 实现梦想 9. ...

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