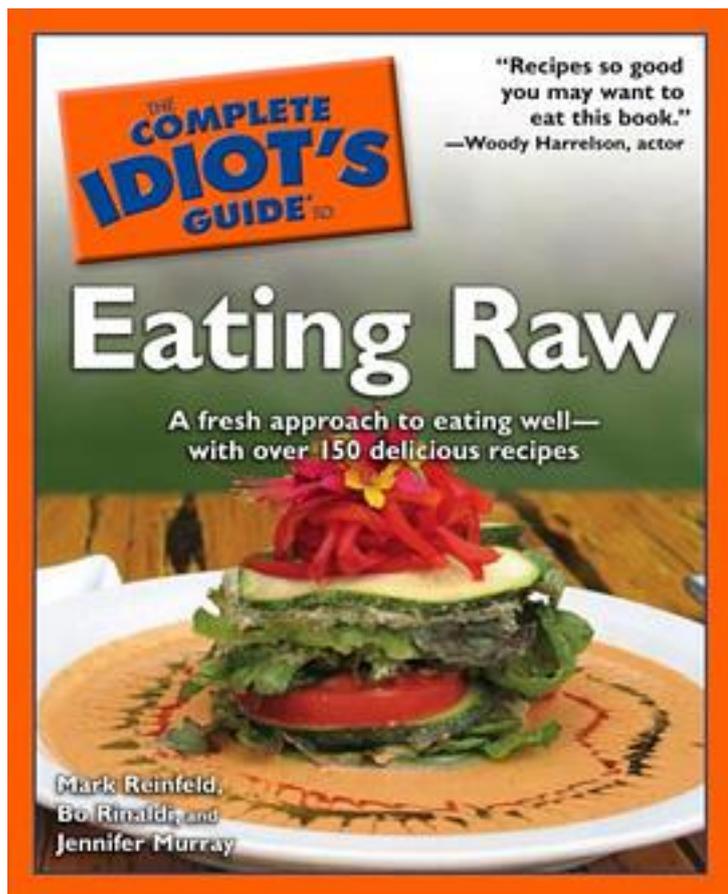


# The Complete Idiot's Guide to Eating Raw



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A raw food diet is a purely healthy diet.

More people than ever are turning to a raw food diet. In this guide, readers will find the secrets to raw food weight loss; how raw foods can heal the body and boost energy

and enthusiasm; information on the anti-aging properties of raw food; and 100+ recipes that show how raw foods can be combined into delectable meals.

- Fully explains the benefits of this increasingly popular diet choice, plus presents a mini cookbook that gets readers started on their new regimen
- Recently published studies indicate that rheumatoid and fibromyalgia patients—who number in the millions—can benefit from an uncooked vegan diet rich in antioxidants, lactobacilli, and fiber

作者介绍:

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标签

英文原版

评论

如果有烘干机、食物处理器会比较适用吧。。。目前仍停留在smoothie和salad阶段

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书评

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