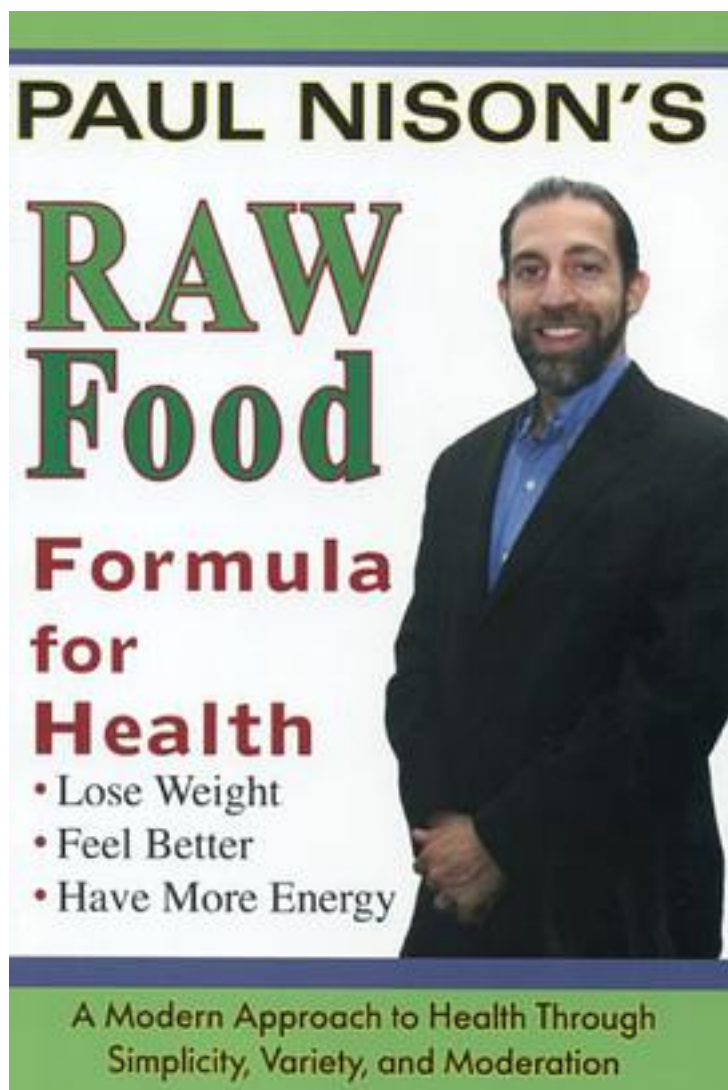


# Raw Food Formula for Health



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Believing in the wonderful healing powers of the human body, Paul Nison has outlined a formula to help improve health and live a disease free life. Focusing on vibrant, raw foods as a basis for nutrition and healing, he presents sensible information about nutrition's role in disease prevention along with advice on how to make the transition to eating more life-enhancing raw foods. Paul Nison, a renown raw foods chef, educator and motivational speaker, is dedicated to helping people realize that avoiding and overcoming disease is not difficult but can be simple and fun. His simple formula for health is a four-step program that enables readers to improve their health, and resources to support them on the journey and keep them on track.

作者介绍:

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