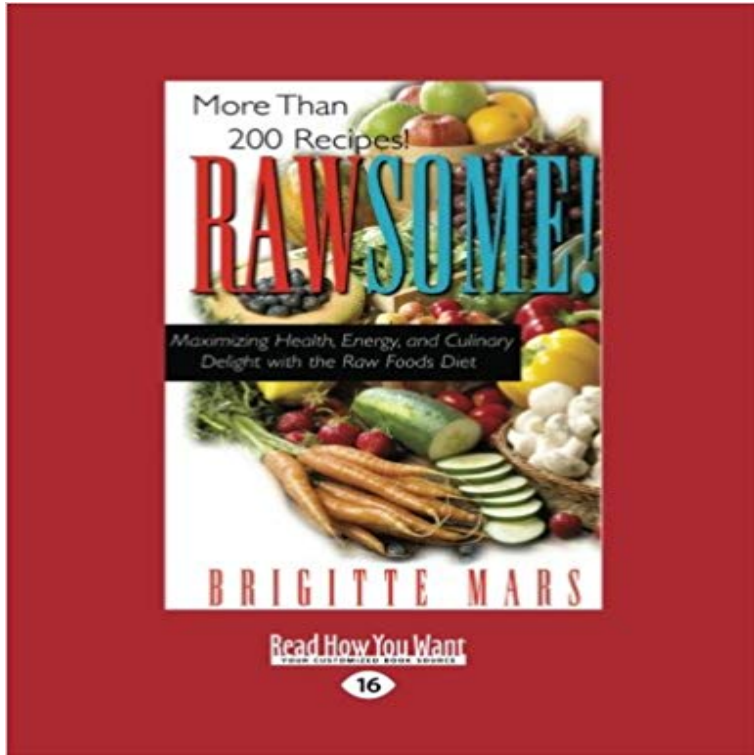


Rawsome!: Maximizing Health, Energy, and Culinary Delight with the Raw Foods Diet



Tackling head-on the skepticism likely to greet proponents of what the world sees as a fad diet, renowned nutritional consultant and raw foods adherent Brigitte Mars presents historical data and scientific evidence confirming the efficacy of raw foods diets in: Supporting emotional stability.... Increasing energy levels.... Clearing the skin.... Boosting immune-system function.... Improving digestive function.... Dispelling depression.... Sustaining overall good health.

Rawsome!: Maximizing Health, Energy, and Culinary Delight With Synopsis. A raw foods diet advocates exactly that: raw foods. No cooking, no grilling, no steaming, no application of heat of any kind. Why? Because eating food

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