



## Amazing Un-Processed Raw Food Diet

By Susan Gast

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...



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