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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

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