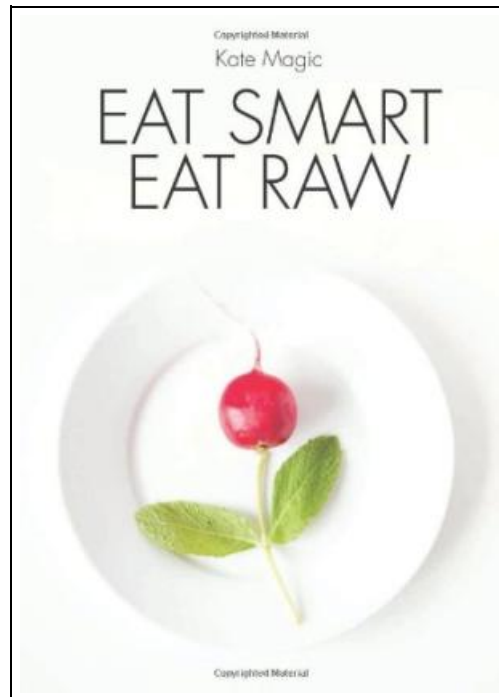


Eat Smart Eat Raw: Detox Recipes for a High Energy Diet (Paperback)



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Reviews

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(Marilyne Haag)

EAT SMART EAT RAW: DETOX RECIPES FOR A HIGH ENERGY DIET (PAPERBACK)



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GRUB STREET, United Kingdom, 2013. Paperback. Condition: New. 2nd Revised edition. Language: English . Brand New Book. It is 10 years since Grub Street published the first edition of this book and since then it has never been out of print. Now the author has revised and updated her original and most successful raw food book and it appears for the first time in full colour. In the years since the book first appeared raw foods have never been more popular as people discover their tremendous healing and health-giving benefits. However raw foodism is more than just the latest dietary fad; historically many cultures and religions have placed value on the eating of living foods, and proponents have been helping others overcome life-threatening diseases since the early 20th century. Many who are new to the diet may imagine that eating only uncooked foods would be restrictive and boring, but this is far from the case. There is a wealth of fruit, vegetables, nuts, seeds, and sprouts to discover and use, and with the use of equipment such as a juicer and dehydrator, a whole host of ways to prepare them. This book includes almost 150 recipes, some of which allow the occasional non-raw ingredient to reflect the author's non-proscriptive attitude to a raw food life-style, in order to encourage those who may not want to go the whole way but are interested in incorporating something new into their existing diet. This book is ideal not only for those who want to adhere to a raw food diet but also for those who may simply wish to embark on a week or two of detoxifying.



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