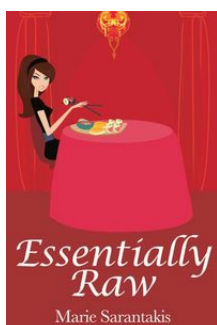


ESSENTIALLY RAW

The Standard American Diet is defined by its acronym, SAD. In a world where sea-salt covered pretzels and a diet soda are considered healthy alternatives, Marie Sarantakis provides an accessible introductory guide to pure and healthy eating. Marie's approach is simple and realistic. We need to integrate more raw fresh fruits and vegetables into our diets on a daily basis. This no nonsense guide will answer your basic questions, teach you the fundamental benefits of pure food, and provide you...



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Author	Marie Sarantakis
Original Book Format	Paperback
Number of Pages	148 pages
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Reader's Opinions

Absolutely LOVE this book. Great recipes, and enlightened me. There are many things I did not know before opening this book. Highly recommended.

Informative lists regarding fruits, veggies and other foods and nutrients. Some of the information seems somewhat simplistic. Interesting read, but don't see myself going raw anytime soon!