



Get Healthy FAST With the Raw Food Diet: Raw Vegan Recipes and Strategies for Optimal Health and Weight Loss (Totally Vegan) (Volume 1)

Andrea Silver

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Raw food is not only a diet but it's an awesome hobby, as well! It's the ability to create delicious, purely vegan recipes with NO cooking involved. It's proven now that cooking vegetables decreases the nutrient contents. In addition, by switching to raw food, you'll be purifying your body with fresh fruits, vegetables, nuts, seeds, and other nutritional powerhouses. This results in decreased body fat, higher energy, and many more benefits. This is finally a diet worth investing your time into. Are you tired of... - Constant difficulty losing weight? - A poor diet leading to low energy levels? - Suffering from food allergies but are unsure of the cause? = Fear about high cholesterol levels and other health risks? - Not being able to find the right diet that works? The solution may be to become a pure, vegan raw foodie. It sounds crazy, but it might just work. This food provides a complete breakdown of the raw food diet, accompanied by 50 of the best raw food recipes, implementing some of the neatest tricks—from raw cauliflower rice to kelp noodles—to keep your meals off the skillet. Further, these recipes are all gluten free, as well. As there is neither gluten nor dairy, you can quickly diagnose if you suffer from allergic reactions to either. For many, raw food diets mean an instant relief from years of allergic symptoms.

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