

Raw Food Formula for Health (Paperback)



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Reviews

This pdf is really gripping and exciting. Yes, it is actually perform, nevertheless an amazing and interesting literature. I am just effortlessly can get a pleasure of looking at a published pdf.
(Tony Dickens)

RAW FOOD FORMULA FOR HEALTH (PAPERBACK)



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Book Publishing Company, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book. Speaking from first-hand experience, Paul Nison shares his personal journey to vibrant health and his passionate belief in the healing powers of the human body, and the role of life-enhancing raw foods in disease prevention. The author advocates a modern approach to health through simplicity, variety, and moderation. Nison outlines the root causes of illness and gives a basic explanation on how your digestive system works and which food combinations are the easiest to assimilate. Emphasis is placed on fresh, ripe, organic food. Nutrition aside, you ll also learn why attention to emotions and spirit is as integral to health as the food you eat. Diets for cleansing, transition, and maintenance along with a three week meal plan with easy, delicious recipes make it easy to put this formula into practice. Being able to take charge of your own health is empowering. You ll soon experience increased vitality and realize that optimal wellness is within your reach.



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