



The Complete Idiot's Guide to Eating Raw (Complete Idiot's Guides (Lifestyle Paperback))

Bo Rinaldi, Mark Reinfeld, Jennifer Murray

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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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