



Balanced Raw: Combine Raw and Cooked Foods for Optimal Health, Weight Loss, and Vitality Burst: A Four-Week Program

Tina Leigh

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A growing number of health practitioners—as well as restaurants and celebrities such as Sting, Madonna, and Beyonce—are espousing raw food or “living food” diets as a way to stave off disease, boost energy, and lose weight. However, 100% raw diets are difficult to sustain and have come under fire recently for not being nutritionally optimal. *Balanced Raw* eschews the all-or-nothing approach of other books and contains a 4-phase, 30-day plan for making the raw food lifestyle livable for life. Start your balanced raw lifestyle today!

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Date : Published June 1st 2013 by Fair Winds Press (first published January 1st 2013)

ISBN : 9781592335510

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Format : Paperback 192 pages

Genre : Food and Drink, Cookbooks, Food, Cooking

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Tina says

Ugh. Some questionable nutrition advice followed by some uninspiring recipes. There is not a single recipe in this whole book that I have any interest in eating. Glad it was just a library borrow.
