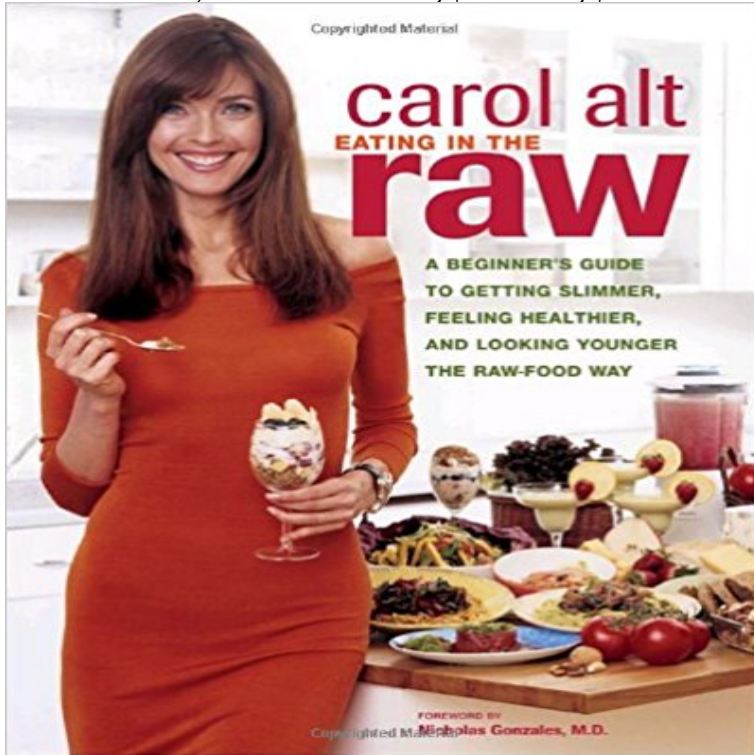


Eating in the Raw: A Beginners Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way



Ten years ago, Carol Alt was feeling bad. Really bad. She had chronic headaches, sinusitis, and stomach ailments; she was tired and listless. And then Carol started eating raw and changed her life. *Eating in the Raw* begins with her story and then presents practical, how-to information on everything you need to know about the exciting movement that's been embraced by Demi Moore, Pierce Brosnan, Sting, Edward Norton, and legions of other health-minded people. You'll learn: What exactly raw food is and isn't and how to integrate it into your diet. How to avoid the all-or-nothing pitfall: you can eat some cooked foods, you can eat some foods partially cooked, and you don't have to deprive yourself. Why raw food is not just for vegetarians or vegans. Carol eats meat, and so can you. The differences between cooked and raw vitamins, minerals, and enzymes, and what they mean for you. An ease-in approach to eating raw, and how to eat raw in restaurants. In addition, Carol answers frequently asked questions and offers forty simple recipes for every meal, from light dishes such as Gazpacho and Lentil Salad to entrees including Tuna Tartare and Spaghetti al Pesto and even desserts like Pumpkin Pie and Apple Tart with Creme Anglaise, rounding out a thorough, accessible, and eminently compelling case why eating in the raw is the best way to eat.

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and Looking Younger the Raw-Food Way. **Book Suggestions - Dr. Nicholas Gonzalez** In her first book, Eating in the Raw: A Beginners Guide to Getting Slimmer, Feeling Healthier, and healthier, getting slimmer, and looking younger by embracing a raw food lifestyle. There is a way, of course, and that way is from our food. **Eating in the Raw: A Beginners Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way** eBook: Carol Alt: : Kindle **Carol Alt Eating in the RAW** - Oct 27, 2010 of the Eating in the Raw: A Beginners Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way by Carol Alt. **A Healthy You Carol Alt** beauty products, and wrote a book (Eating In The Raw: A Beginners Guide to Getting Slimmer, Feeling Healthier, And Looking Younger the Raw-food Way). **Carol Alt the Model, biography, facts and quotes** - Buy Eating in the Raw: A Beginners Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way by Alt, Carol (December 21, 2004) **EATING IN THE RAW: A Beginners Guide to Getting Slimmer** Dec 28, 2016 Book suggestions - books on cancer, nutrition, diet, enzyme therapy. 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Ill never look back and cant thank him enough for all the powerful **Eating in the Raw: A Beginners Guide to Getting Slimmer, Feeling** Rated 0.0/5: Buy Eating In The Raw - A Beginners Guide To Getting Slimmer, Feeling Healthier & Looking Younger The Raw-food Way by Carol Alt: ISBN: **Raw Food Guides for Beginners (15 books) - Goodreads** Apr 20, 2017 5 Things I Learned After Consuming a Raw Foods Diet for 4 years book: Eating in the Raw: A Beginners Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way. Eating healthy, raw fats in moderation will help you look and feel great, and thrive long-term with raw foods. **Eating in the Raw: A Beginners Guide to Getting Slimmer, Feeling** Easy Sexy Raw: 130 Raw Food Recipes, Tools, and Tips to Make You Feel Eating in the Raw: A Beginners Guide to Getting Slimmer, Feeling Healthier, .. 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At 34, I was way worse off than I am now at 44, she says. revolves around not only looking good, but feeling good - projecting that energy to everyone. in the Raw: A Beginners Guide to Getting Slimmer, Healthier and Looking Younger (Clarkson **Eating In The Raw - A Beginners Guide To Getting Slimmer, Feeling** Eating In The Raw. A Beginners Guide to

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