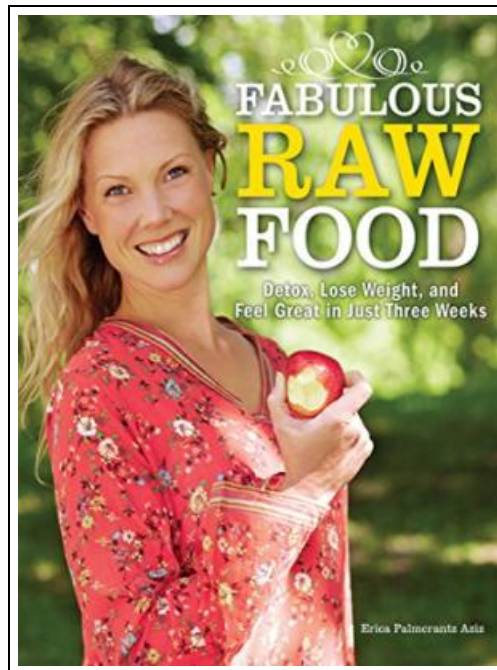


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Skyhorse Publishing, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. Who doesn t want to look leaner, feel stronger, and be happier? Few people would doubt that the food we consume plays a major role in our well-being. The raw food movement proclaims that the secret to great health is not just in what we eat, but in how it s prepared - eating raw provides our bodies with the nutrients and enzymes they need to thrive. Raw Food: A Healthier, Simpler Life in Three Weeks contains three, seven, and twenty-one-day programs - each full of delicious recipes - that give you the opportunity to decide just how much change is right for you right now. Erica Palmcrantz Aziz also emphasizes the importance of choosing organic ingredients that enable the body to cleanse itself while improving the quality of the earth s ecosystem. You can give your body the chance to get back to its natural balance. You can eat raw for just a few weeks and you ll begin to understand your eating habits (good or bad), and how factors like activity, sleep, and emotions govern what you eat. Equipped with a deeper understanding of how food affects you, and armed with a fantastic collection of easy recipes, you ll be feeling great in no time!.



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