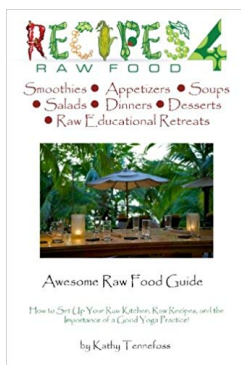


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RAW FOOD RECIPES FOR CLEAN, FRESH, ORGANIC LIVING!

A collection of 120 raw food recipes, how to set up your raw kitchen, along with the importance of a good yoga practice. The raw food lifestyle goes hand-in-hand with a good exercise program.



Awesome Raw Food Guide shows you what type of equipment you will use in your kitchen, techniques used in a raw kitchen, raw recipes for every meal, and even raw educational retreats in your area!

"With hundreds of millions of years of evolution and development, in our modern world of processed and modified foods designed for profit and shelf life, we forget our natural diet and jeopardize our health and well-being. Eating raw brings us back to the true nature of our bodies and the inherent health we can possess if we simply follow our evolutionary history!"

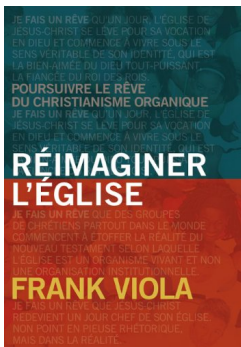
Dr. Cheryl  
Cocoon Rejuvenation Clinic



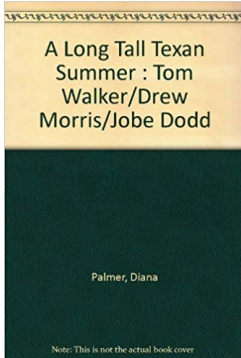
For more than 25 years, Kathy has been involved in the vegetarian, vegan, and raw food community. Now she wants to share some of her favorite raw food recipes and tips with you!  
Visit her website [www.Recipes4RawFood.com](http://www.Recipes4RawFood.com)



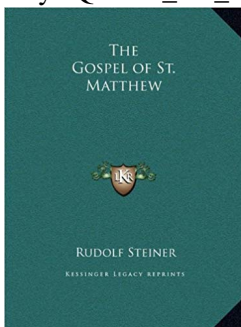
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