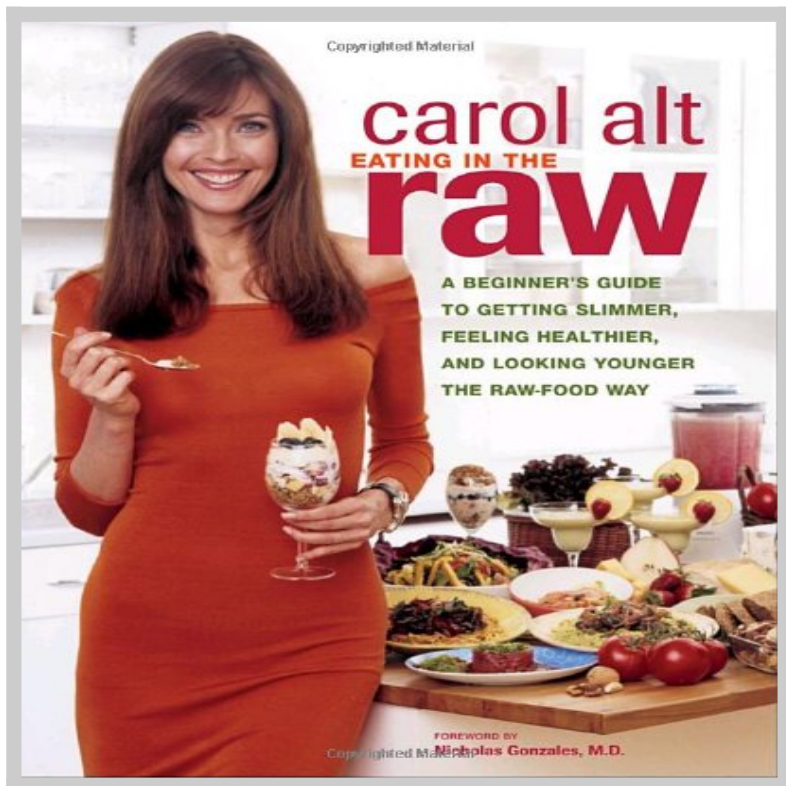


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Eating Raw Beginners Healthier Raw Food Book Preview

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 Crème Anglaise"rounding out a thorough, accessible, and eminently compelling case why in the raw is the best way to eat.