



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

By Carol Alt

Random House USA Inc. Paperback / softback. Book Condition: new. BRAND NEW, Eating in the Raw: A Beginner's Guide to Getting Slimmer, Feeling Healthier, and Looking Younger the Raw-Food Way, Carol Alt, 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...



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