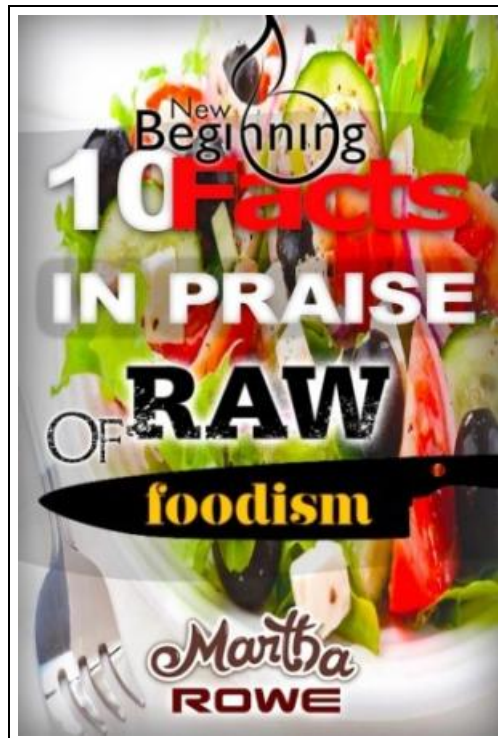


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10 FACTS IN PRAISE OF RAW FOODISM HOW TO EAT HEALTHY: RAW FOOD DIET, HOW TO LOSE WEIGHT FAST, VEGAN RECIPES, HEALTHY LIVING (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Raw foodism as a diet has been known since the ancient times. Our ancestors were eating fresh food and felt great. Before the dawn of the Paleolithic age, people were eating raw plant food and later included animal products into their diet. Now, human diet mostly consists of semi-finished products and fast food. So, what exactly raw foodism gives to a man? Today only, get this Kindle book for just \$17.99. Regularly priced at \$25.99. As an individual diet concept, raw foodism was formed in the 20th century. The spread of raw foodism was favored by mass diseases of civilization - obesity, cardiovascular diseases and cancer. Moreover, just for the past decades, a real opportunity emerged to announce the real diet alternative in public loudly. The media and the Internet appeared to be an important means to share information and experiences about raw foodism. As people became more aware of this diet, it is only natural that people began sharing ideas about raw foodism, its use, raw foodists, or possible harm of this diet. There appeared raw foodism adherents and opponents. If everything is more or less apparent with the adherents, then the opponents may have various motivations to oppose raw foodism: for the sake of public (doctors, pharmacology, etc.) or their interests (justification of their lifestyle or other personal reasons). Thus, raw foodism began to cause myths about the things which are dangerous in it, that some raw foodists died from a lack of essential substances, that raw foodists gave birth to a disabled person. At the same time, raw foodists never miss the chance to speculate whether the raw foodism is useful and to which extent. In my book,...



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