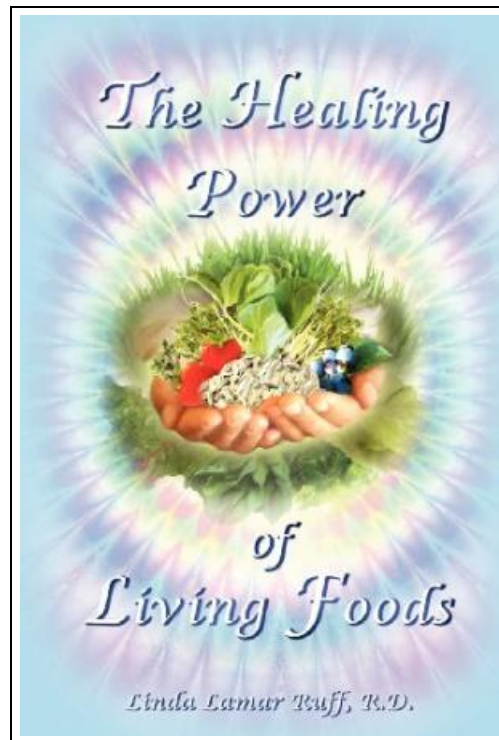


The Healing Power of Living Foods (Paperback)



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THE HEALING POWER OF LIVING FOODS (PAPERBACK)



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Bird Brain Productions, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Healing Power of Raw Foods explains the natural healing powers of raw and living foods. There are also case histories of healings from utilizing the raw and living diet. Also included are menus and recipes that restore and promote good health. When followed consistently, the body will turn around to life and healing. The Healing Power of Raw Foods is real. Unfortunately, today we are robbed of this legacy of health and vitality inherent in raw foods. Those who cling to cooked foods go through life tired and drained from the aches, pains, and sickness that lifeless foods bring until getting through the day becomes a chore. Then they struggle just to make it through the hour, let alone accomplish what needs to be done throughout the day. In short, our devitalized, nutritionally-devoid food supply is draining us and dragging us down into a lower dimension of living until we are literally dying before the last breaths depart our bodies. But why do people persist in eating cooked foods? While it is easy to eat raw foods, it is hard not to eat cooked foods. It means we would have to give up our favorite foods that we think keep us going. Hence, our soft drinks, pastries, meat, or whatever it is that holds us back actually becomes an addiction and keeps us from moving forward into a joyful, vibrant life. While many on a cooked food diet eat some raw foods just because raw food tastes so flavorful and sumptuous, they will never know true healing and life by doing partly raw each day. - The Publisher The authentic work of Linda Ruff adds a breath of freshness into the subject..



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