

80 10 10 Raw Food Recipes Salads

Hi there, it's Freelee the Banana Girl here.I wrote this book in 2011. This is the second edition released in 2020. It contains my personal blog entries from November 2006 when I started myraw food journey. As you will learn, I made plenty of mistakes before I workedout the correct way to do a raw food diet. I will go over those mistakes in detail and offer more a succeed on a High Carb Raw Vegan Lifestyle.I'm not going to recommend any supplements or quick-fix gimmicks in thisbook - just honest, real advice that you can implement straight away.Includes:Food Combining Chart7 Day Meal Planner (winter edition)7 Day Meal Planner (summer edition)32 Full Color Raw Vegan High Carb RecipesVision-booking inspirationGeneral Exercise, General Hygiene and Teeth hygiene.Veganism

Simply Delicious Desserts - 80/10/10 Raw Vegan Style from Dr. Douglas Graham. Desserts seemed like the perfect way to start the 80/10/10 Raw Recipe Series. These recipes are "Simply Delicious" because they bring to life incredible 80/10/10 recipes that are gourmet, low-fat, and have a small number of simple ingredients. Dr. Graham and co-author Katy Craine Dr. Graham's own kitchen to ensure that you can reproduce these recipes in your own kitchen - simply and quickly. From Dr. Graham - "Simply Delicious Desserts! What could be better than that? I'm totally convinced that when you start making our 80/10/10 raw vegan desserts you will be amazed at how great they really taste. Proper food combining, clear recipe Simply Delicious Desserts a no-brainer fo revery 80/10/10 Kitchen. The Simply Delicious series will cover every culinary requirement, while giving you the recipes and concepts to totally wow your guests and loved ones." Start with Simply Delicious Desserts and you will definitely want to invest in the entire Simply Delicious series. You don't have to be a kitchen ace impressed, and know that once again FoodnSport has delivered the best Simply Delicious recipes in the whole wide world. These are special 80/10/10 raw food recipes that don't exist elsewhere. You're not just getting another flax cracker recipe, you're getting recipes that just don't exist out there in the raw food world! Get Simply Delicious Desserts now! And col

Many dog parents, including breeders and competitors, believe that feeding a raw food diet has improved their dogs' health, performance and longevity. Learn how to source, prepare and feed your dog simply, economically and efficiently.

The authors offer science-based answers to tough questions about raw foods and raw diets, furnish nutrition guidelines and practical information, and show how to construct a raw diet that meets recommended nutrient intakes simply and easily.

Healthier Dog Food the ABC Way

Nature's First Law

Raw Foods and Herbs for Complete Cellular Regeneration

30 Day Meal Plan Featuring New Recipes by Lissa!

The Detox Miracle Sourcebook

How to Avoid Common Mistakes That May Sabotage Your Health, A Personal Journey

How Omega-3 Nutrition Is Transforming the Raw Food Paradigm

Can You Incorporate Vegan Eating Into Your Present Diet
A vegan diet is a type of vegetarian diet, in which only plant based foods are consumed and all animal products and byproducts (butter, milk) are excluded. This makes a vegan diet distinctly different from other forms of vegetarianism, which allow the consumption on some animal products, most commonly dairy, and eggs. These days increasing numbers of people are turning to vegan diets than ever before, however their motivation to embrace such a lifestyle can often vary, with common reasons for adopting a vegan diet including concerns about animal rights, religious requirements and the environmental sustainability of meat and dairy production. When adopting a vegan lifestyle it is important to do your research to ensure that you are obtaining all the essential nutrients your body requires to be healthy. Poorly planned vegan diets can quickly result in nutritional deficiencies that in the short term will result in you feeling fatigued and lethargic and in the long term can have some serious consequences to your health. There are many foods which are able to be consumed on a vegan diet, these include:
• Breads, cereals and grain foods
• Fruits and vegetables
• Soy products
• Nuts and seeds
• Legumes such as kidney beans, chickpeas and lentils
How does a vegan diet fit into a Ketogenic lifestyle? Quite simply put following a vegan diet is incompatible with being keto . This is because many of the foods that Keto promotes are excluded by those following a vegan lifestyle but If you find a high-carb vegan diet doesn't work for you and a standard ketogenic diet may be what you need, you can combine the two to get the best of both diets. In addition to this many of the foods that vegans require such as whole grain cereals, legumes, fruit, and even soy products are forbidden when following a vegan diet. Following a Keto diet in addition to being vegan would place an individual in a situation where achieving their nutritional requirements would be virtually impossible, resulting in a number of nutritional deficiencies in the short and long term. It is certainly not appropriate for vegans, as it would require the avoidance of many foods that are critical for vegans to consume so that they meet their nutritional requirements, these foods include fruit, legumes, grains, soy, and some plant based oils. It may not be fair to compare Keto based with vegan because there is an inherent difference in that vegan is not only a diet; it is a lifestyle and a philosophy. Vegans believe in earth friendly practices, the protection of all living things and a general motto of "veganism is compassion in action." However, when only looking at foods consumed and comparing the diet itself at its core, vegan seems to win when your goal is general health and disease prevention.

The 80/10/10 DietBalancing Your Health, Your Weight, and Your Life One Luscious Bite at a TimeFoodNSport

This third book from Dr. Ian Billinghurst was written to help pet owners either understand or expand their knowledge of evolutionary diets for both dogs and cats. It contains important background research from his first two books together with lots of new information. Experienced "BARFers" will benefit from a number of new suggested recipes and practical information to assist in the home production of BARF diets – now everyone can do the BARF diet for their pets!

Victoria Boutenko, Elaina Love, and Chad Sarno have been leaders in the raw food movement since the 1990s. Each of them maintained and promoted the 100 percent raw diet for years. Since then, all three have independently arrived at the same conclusion: that a totally raw diet is not necessarily the best diet. One reason for their shift in thinking is the latest scientific research on the impact of omega essential fatty acids on human health. Studies show that if eaten in excess, omega-6s can cause inflammation and obesity. A typical raw food diet contains large quantities of nuts and seeds, most of which are extremely high in omega-6s and low in omega-3s. Raw foodists are not the only ones lacking sufficient omega-3s in their diet. Because omega-3s are easily damaged by heat, anyone whose diet is high in processed foods and oils probably has an omega-3 deficiency. Many symptoms of this deficiency can be mistaken for other health problems or nutrient deficiencies, so few people realize the cause of their ailments. Boutenko’s chapters on omegas provide readers more in-depth nutritional information. One hundred recipes—from raw to steamed and lightly cooked dishes, from appetizers to desserts—offer readers the means to enjoy a more sustainable, healthy, and energetic lifestyle.

and improve life longevity naturally

Run on Plants and Discover Your Fittest, Fastest, Happiest Self

The 80/10/10 Diet

Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time

Over 125 Juices, Smoothies, Soups, and other Raw Beverages

The TB12 Method

No Meat Athlete

The Detox Miracle Sourcebook shows you how to cleanse your body of the poisons that are destroying your health, and start the process of complete cellular regeneration that leads to true healing. Based on 30 years of clinical experience, treating thousands of people with conditions ranging from OVERWEIGHT to CANCER, Dr. Robert Morse reveals his ultimate healing system – the Detox Miracle!
• Covers the A-Z of Detoxification, including: Why do it? When to do it? What to expect? How it works, and how long it takes.
• Explains the uses of specific raw foods and herbs for cleansing and healing every organ, system, and unbalanced condition in the body.
• Details the interface of body, mind and soul in the achievement of lifelong health.
• Presents the Detox Miracle Diet, and how to adapt it for life.
• Includes dozens of easy-to-use References: lists of herbs, herbal formulas, properties of foods, minerals, phytochemicals, and cell salts, etc.; along with raw food recipes; a detailed Index; broad-based Resource Guide; and extensive Glossary and Bibliography.
ONE THING I KNOW about Dr. Morse is that he has walked his talk. This amazing book leads you step-by-step through every facet of detoxification and vitality building. A treasure chest of information for the beginner and the advanced health-seeker alike.
-David Wolfe, CEO:www.rawfood.com, author of The Sunfood Diet Success System and Eating for Beauty.
EXTREMELY PRACTICAL; a most informative tool. Helping others to help themselves through education provides a lasting impression upon their overall health. What better way to serve the Lord than to educate the masses.
-Gary L. Axley, N.M.D., D.O.: president of Southern College of Naturopathic Medicine.
CAREFULLY RESEARCHED. A “must” for the professional practitioner as well as for the layperson. Destined to become a classic.
-Donald Vesser Bodeen, D.C., Ph.D.
I HAVE USED DR.MORSE’S program and his herbs with many cases over the years, and with great success. This method is the real healing method for today and the future.
-William Christner, N.D., C.M.
THE STUDY OF THIS BOOK will be a spiritual, mental, and physical blessing for complete body health. Thank you, Dr. Morse, for a wonderful book!
-Dr. Ed David, N.D., Health Education Center.
Natural Health \$29.95 HOHM PRESS
The Detox Miracle Sourcebook MORSE

CAPTURE THE BENEFITS OF EARTH'S SUPERFOODS Looking for a quick, flavorful and nutritious way to stay youthful and healthy? The Green Smoothies Diet provides the perfect solution! Green smoothies are the best way to power up your body and supercharge your health in just minutes a day. Packing a tasty, nutrient-filled punch in every sip, these ultrahealthy smoothies pair leafy green vegetables with delicious, antioxidant-rich fruits. Discover how green smoothies help you:
•Lose Weight
•Detoxify the Body
•Increase Energy
•Fight Heart Disease
•Prevent Diabetes & Certain Cancers
•Boost the Immune System
•Make Skin and Hair Beautiful
Features easy-to-make recipes like:
•Rad Raspberry Radicchio
•Black Kale Blackberry Brew
•Red Pepper Mint Julep
•Grapefruit Cilantro Booster
•Big Black Cabbage Cocktail

Ancestors and canine cousins of our dogs didn't eat "krunchy kibble" or "meat 'n gravy in a can." They ate what they found or caught... and it wasn't cooked or "enriched" either! It was high in protein, with balanced fats, and usually included a few fruits, vegetables and grasses. Steve Brown, an expert on canine nutrition, shows how you can bring the benefits of the canine ancestral diet to your dog by feeding him differently as little as just one day a week. And no, you won't need to lead a pack of dogs on a hunting expedition! Just follow Steve's well-researched and easy to follow ABCs to make improvements to whatever your dog currently eats. BONUS! Raw food or home prepared feeders will learn how to balance nutrients more precisely, especially fats, for optimum health. A dog diet to get wild about!
• Learn about the latest research on the importance of protein and healthy fats in your dog's diet.
• Find out why commercial foods can't include these fragile-but-crucial nutrients, and how you can make sure your dog gets them.
• Just one day a week, or more frequently if you choose, follow the simple recipes that balance the nutrition in the commercial food you are feeding—wet or dry!

The "Amazing Un-Processed Raw Food Diet" book takes you back to the simpler times of eating REAL un-processed food - just like our grandparents enjoyed. Yes, food that actually nourished the body, and the mind. Fruit and Vegetables, Nuts and Seeds... eaten raw - and un-processed - bursting with life-enriching live enzymes that sadly, modern-day cooking destroys.Are YOU "sick and tired" too of processed junk food? Are you looking for the "Fountain of Youth"? Well, it's been under our noses all the time... growing in fields and orchards, and sold in grocery stores!Tired of gimmick diets, fast-food, and yo-yo dieting, the author discovered the huge benefits of "going raw" and in under three months, eliminated her chronic ulcer problem that she'd tolerated for a decade. And the fantastic side-benefit? Effortless weight loss too!You'll discover proper food combining and learn why the acid/alkalinity of the foods you eat is very important to allow your over-worked digestive system to function properly, and to promote greater overall health.Use the author's free "Psychological Tool" to rid yourself of cravings, and use her "Motivation & Mental Imagery" technique to keep you on the track to better health, and a slimmer you!Though the "Amazing Un-Processed Raw Food Diet" wasn't written solely as a means of losing weight, the effects of "going raw" and the resulting safe, easy weight-loss cannot be ignored. What a terrific bonus!Get your copy today, start feeling better tomorrow, and show off your new body at all the upcoming holiday festivities!In brief, the book covers:
- Un-Processed Raw Food Health Benefits- Yes, you CAN eat fruit, and lots of it!- "You are what you eat!"- Raw Food, A Re-Introduction- Dietary Fat & Glucose- Weight Loss Psychology and the Tool- Motivation - You CAN Do It!- Indigestion and Ulcers- Food Combining- Acid-Alkaline Balance- Fruit Ripening and Why It's Important- Obesity - A Growing Trend- Lose Weight on an Un-Processed Raw Food Diet- The 80-10-10 Magic Ratio- Excuses... So What's Yours?- What CAN I eat?- What NOT to eat!- Diet Meal Examples- Diet Food substitution a no-no- Menopause and Balloon Belly- My Ulcer Pains are G-O-N-E!- Weight Loss Progress and pictures- Several "Raw Food Weight Loss Ponderings" articles- "How-To" tips for "Raw Foodies"- Frequently Asked QuestionsThe author raves about Andrew Perlot - he was her salvation, after all! Without finding Andrew, she shudders to think of just how "ill" she would have become. Also covered is how you can get copies of Andrew's books.Thank You for your interest, and we hope you enjoy the author's take on "Going Raw". Once you get past the word "raw" and realize it's all about eating fruit and vegetables in their natural state, you'll wonder why on earth you didn't "go raw sooner." Well, better late, than never, according to the author!Thank you in advance for your consideration in purchasing this book. We encourage you to leave a review after reading it, as this helps other people with their buying decision -- and "Thank You" once again!

Raw and Beyond

Raw Food Romance - 30 Day Meal Plan - Volume I

How to Do What You Love, Better and for Longer

Make it Easy for You and Your Dog

Rethinking the High-Starch Diet

Raw Food For Dummies

Raw Dog Food

Thirty days of savory, comforting, salty, sweet, and healing whole foods pack this volume which is at once part recipe book, and part guidebook. These recipes, this plan, brings into your hands an easy plan to succeed eating as a raw vegan. All straight from the life of a woman now 70 pounds lighter, whose recipes have thrashed her cravings and any desire to look back at what she was before. This book contains a meal plan with shopping lists, guides for items to always have on hand, daily estimated calorie intakes, prep tips for upcoming meals and lots of new and mouthwatering raw vegan recipe ideas, including some of Lissa's most famous creations.

A guide that cuts through the haze of misinformation and delivers an insightful message to anyone living with or at risk from the following: cancer, diabetes, heart disease, obesity, Alzheimer's disease and /or osteoporosis. Dr Campbell illuminates the connection between nutrition and these often fatal diseases and reveals the natural human diet. He also examines the source of nutritional confusion produced by powerful lobbies, government entities and opportunist scientists. Part medical thriller, part governmental exposé.

In the first half of his 30s, Brian Rossiter transformed his health and life by transitioning from the standard American diet to a low-fat, fruit-based raw vegan lifestyle following Doug Graham's 80/10/10 guidelines. Rossiter enjoys 10 or more pounds of fruit, 2 or more pounds of greens and a limited amount of fat a day. This diet has enabled him to experience exceptional health, youthful vitality, sustained energy, enhanced mental clarity and a euphoric sense of well-being.Rossiter reversed chronic back and neck pain and carpal and cubital tunnel syndromes by utilizing the Egoscue Method, centered on stretches and exercises designed to restore the body's posture and alignment, helling one lead a pain-free life. He also launched a regular fitness program that includes circuit training, yoga, rebounding and running.In Alive!, designed for anyone desiring to feel and look his or her best but especially for transitioning raw fooders who want to know what to do on this diet and how to do it with success, Rossiter tells inspiring, intensely personal stories of his joint paths to well-being and offers guidance and insight on his evolving journey toward optimal health. His website is Fruit-Powered.com, which features a free e-magazine and video series.Alive! features:• A four-step program to help you go raw vegan with ease, gaining clarity and vitality while arriving at your natural weight.• More than 25 raw food recipes plus several tool recommendations for a raw home—from blender to spiral slicer—to help you get started in your transition.• A focus on the importance of fitness in a healthful lifestyle and the Egoscue Method's principles of bodily structural alignment.• Insight from raw fooders Arnold Kauffman, Megan Elizabeth and Shaie Dively of the Arnold's Way community and Mike Kenny of the Egoscue Method.

Modern diets miss the mark because they deny our natural biological constitution. They are all toxic and cannot support our health! Your Natural Diet: Alive Raw Foods shows that there is only one diet for our natural biological design and disposition: enzymatically active raw fruits, vegetables, nuts and seeds. This may seem incredible in this day and age. However, herein you'll find out how a rapidly growing number of people worldwide are losing excess fat, seeing their cholesterol drop to normal levels, overcoming disease, rejuvenating, gaining youthful vitality, and finding new joy in living via a healthful lifestyle which includes eating the diet that comes naturally to all humans. This book provides a bounty of practical, empowering information for succeeding with eating your natural diet and attaining your loftiest health goals. "Your Natural Diet: Alive Raw Foods is a tour de force by authorities on the raw food diet. Anyone who cares about attaining vibrant health should be grateful to them. The book is a treasure trove of practical advice for the newcomer and offers pearls of wisdom for those already on this path. This stunningly original book blends personal experience with world-class knowledge of true nutritional science. An immensely enjoyable read!" Book jacket.

The Raw Message

How to cheat death

Alive!

Simply Delicious Volume 1 - Desserts

Balancing Your Health, Your Weight, and Your Life One Luscious Bite at a Time

Raw Meaty Bones

Unlocking the Canine Ancestral Diet

This little booklet packs a big message. The negative side of grain production and consumption is explored from angles such as the history of grain use, nutrition, ecology, energy, environment, sports performance, health, addictions, disordered eating, and much more. If you have tried to change your diet and find yourself back on bread, or if you have an allergy to wheat, this book comes complete with an alternate way of living that satisfies those grain cravings. Going against the grain has never been more necessary or easier!

*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. The easy way to transition to the raw food lifestyle Celebrities like Demi Moore, Sting, Madonna, and Woody Harrelson as well as experts in diet and nutrition have drawn attention to the newest trend in eating: raw foods. As the demand for raw foods increases, so does the demand for informative and supportive facts about this way of life. Raw Food For Dummies shares reasons for incorporating raw food into your diet and life, tips on how to do it, and includes nearly 100 recipes. Whether you're interested in incorporating raw foods into an existing meal plan, or transitioning to a raw foods-only diet, Raw Food For Dummies will help. Main areas of coverage include the benefits of eating raw foods, tips for avoiding undernourishment and hunger, information on transitioning to the raw food lifestyle (including where to buy and how to store raw foods), along with coverage of the popular methods of preparing meals, including sprouting, dehydrating, juicing, and greening. Features nearly 100 recipes covering breakfast, lunch, dinner, appetizers, and snacks Includes advice on transitioning to the raw food lifestyle Written by a veteran chef and culinary arts teacher Raw Food For Dummies is for anyone interested in incorporating raw foods into an existing meal plan, as well as people interested in transitioning to a raw foods-only diet. Simply Delicious Soups – 80/10/10 Raw Vegan Style from Dr. Douglas Graham. Raw Soups are a favourite in the winter and in the summer because they can be slightly warmed or chilled to create the perfect snack or meal. "Soups" is the second volume in the 80/10/10 Raw Food Recipe Series. These recipes are "Simply Delicious" because they bring to life incredible 80/10/10 recipes that are gourmet, low-fat and have a small number of simple ingredients. Dr. Graham and co-author Katy Craine created and thoroughly tested these recipes in Dr. Graham's own kitchen to ensure that you can reproduce these recipes in your own kitchen – simply and quickly. From Dr. Graham: "Simply Delicious Soups! I like soups, what can I say? Many of my favorite soups today remind me of the soups my mother used to make for me when I was a little boy. Minestrone, cream of tomato, pea, borsht, gazpacho, and mushroom soups were some of her regulars. When I first went raw, most of the soups I made were fruit soups: strawberry soup, watermelon soup and peach soup. Eventually I developed a desire for hearty vegetable soups as well, and have spent the last decade perfecting the recipes for a wider variety of such dishes. Soups make a great transition when served between fruit and salad courses. Raw soups can be enjoyed by anyone, even if they aren't devout raw foodists. I hope you will enjoy making all of the soups in this volume of 'Simply Delicious 80/10/10 Raw Food Recipes', and will continue customizing them until they perfectly fit your taste desires." These are special 80/10/10 raw food recipes that don't exist elsewhere. You're not just getting another flax cracker recipe, you're getting recipes that just don't exist out there in the raw food world! Get Simply Delicious Soups now! And collect the entire series as it's released (Desserts Vol. 1 is out now!) Simply Delicious Soups The Fully Raw Diet Anti Aging: Skin Hacks & Beauty Tips to Age Gracefully (Anti Aging Skin Care Treatments to Make You Look and Feel Younger)

The 80/20 Diet A Novice's Guide to Raw Feeding for Dogs 21 Days to Better Health, with Meal and Exercise Plans, Tips, and 75 Recipes

"FoodnSport education"--P. [4] of cover.

Author Louise Koch cured herself from a long list of diseases with her raw food diet. This book contains some of her favorite recipes featuring whole, raw, ripe and fresh fruits, nuts, seeds greens and vegetables.

Discover why Fit for Life's easy-to-follow weight-loss plan has made this enduring classic one of the bestselling diet books of all time! It's the program that shatters all the myths: Fit for Life the international bestseller that explains how to change both your figure and your life. Nutritional specialist Harvey and Marilyn Diamond explain how you can eat more kinds of food than you ever ate before without counting calories...and still lose weight! The natural body cycles, permanent weight-loss plan that proves it's not only what you eat, but also when and how, Fit for Life is the perfect solution for those who want to look and feel their best. Join the millions of Americans who are Fit for Life and begin your transformation with: The vital principles that bring you permanent weight loss and high energy The Fit for Life secrets of timing and food combining that work with your natural body cycles A 4-week meal plan, menus, shopping tips, and exercise Delicious recipes and more.

Discover new ways to eat raw with delicious smoothies, milks, and soups! If you're just starting out in the raw lifestyle, or have been a raw foodie for years, Liquid Raw is your source for fun and exciting meal ideas. Liquid foods are often easier to prepare and digest, providing the perfect transition for those beginning a raw diet. For those experienced in the raw foods lifestyle, Liquid Raw offers a new twist on many staples, as well as inspiration to keep your diet interesting. With a variety of juices, smoothies, dressings, soups, and milks, Liquid Raw offers excellent raw food recipes that are sure to please! Some of the over 125 refreshing and creative recipes featured in Liquid Raw include Green Smoothie, Strawberry Choco-Nanna Smoothie, Un-Egg Nog, Almond Milk, Chocolate-Cherry Shake, Ruby Rejuvenating Juice, Lemon-Zucchini Bisque, Moroccan Tomato Ginger Soup, Strawberry-Mango Pudding, Chocolate Mousse, and much more! Packed with lots of practical and helpful information, Liquid Raw also includes:
• Guide to the health benefits of a raw diet
• An introduction to juicing
• Tips for finding the perfect juicer and blender
With unique and exciting raw recipes, Liquid Raw is sure to bring your raw diet to new heights!

Healthy 80/10/10 Raw Food Recipes

80/10/10 Raw Recipes

Fit for Life

The Barf Diet

Raw Food Controversies

Give Your Dog a Bone

Alive Raw Foods

Combining the winning elements of proven training approaches, motivational stories, and innovative recipes, No Meat Athlete is a unique guidebook, healthy-living cookbook, and nutrition primer for the beginner, every day, and serious athlete who wants to live a meatless lifestyle. Author and popular blogger, Matt Frazier, will show you that there are many benefits to embracing a meat-free athletic lifestyle, including:
- Weight loss, which often leads to increased speed- Easier digestion and faster recovery after workouts- Improved energy levels to help with not just athletic performance but your day-to-day life
- Reduced impact on the planet
Whatever your motivation for choosing a meat-free lifestyle, this book will take you through everything you need to know to apply your lifestyle to your training. Matt Frazier provides practical advice and tips on how to transition to a plant-based diet while getting all the nutrition you need, uses the power of habit to make those changes last, and offers up menu plans for high performance, endurance, and recovery. Once you've mastered the basics, Matt delivers a training manual of his own design for runners of all abilities and ambitions. The manual provides training plans for common race distances and shows runners how to create healthy habits, improve performance, and avoid injuries. No Meat Athlete will take you from the start to finish line, giving you encouraging tips, tricks, and advice along the way.

Dr. Doug Graham has taken the increasingly popular and tremendously successful low-fat, plant-based diet and turbo-charged it for unprecedented, off-the-charts results. Eclipsing even the astounding benefits so well documented by renowned health professionals who also advocate low-fat eating, Dr. Graham's plan is the first to present a low-fat diet and lifestyle program based exclusively around whole, fresh, uncooked fruits and vegetables. From effortless body weight management to unprecedented vibrant health and disease reversal to blockbuster athletic performance, The 80/10/10 Diet delivers in ways no other plan can even hope to match. But instead of reading our own tireless advocacy, here are stories of 811 success from around the world.

Feeding a natural, unprocessed diet is needed now more than ever. A complete and authoritative reference on the benefits of a raw food diet for your dog. Written by Australian veterinarian Tom Lonsdale, leader in raw feeding, this exhaustively researched book provides a suggested diet, feeding tips, and do's and don'ts. If your vet is skeptical, give him or her a copy of the book!What reviewers are saying...NORTHSHORE NEWSIt cleans their teeth, improves their breath but there are much more important reasons to give them to your dogs. A growing movement towards providing a natural diet for your canine friends has a champion for the cause in Tom Lonsdale. A veterinarian for more than 30 years, he was slow to convert to the philosophy of a natural diet for dogs. But some 15 years ago he paid attention to the red flags he saw in his veterinary practice concerning the incident rate of cancer, skin irritations, gum disease and more. His research led him to the conclusion that the commonly used highly processed dog food was the main culprit. A diet of raw food with selected vegetable was the answer and the results spoke for themselves when he witnessed the improvement in his canine patient's health after making the switch. His book is a clear endorsement of a raw diet and is aimed at pet wonders who are interested in wanting to learn more than the basic information on this dietary plan. He tell the history of how the raw diet evolved and in the process discusses the current canned and dried foods available. Lonsdale goes into detail on what is actually included in processed dog food. This is a technical book, which covers a great deal of material and refers to a variety of studies and their findings. Pet owners who are interested in learning the details behind this break form what has become the normal diet will find a great deal of information here. Lonsdale passionately believes that all dogs will benefit from a raw food diet and presents an impressive case for that belief. Terry Peters

The #1 New York Times bestseller by Tom Brady, six-time Super Bowl champion and one of the NFL's 100 Greatest Players of All Time. Revised, expanded, and updated, the first book by Tampa Bay Buccaneers and former New England Patriots quarterback Tom Brady—who continues to play at an elite level into his forties—a gorgeously illustrated and deeply practical “athlete's bible” that reveals Brady’s revolutionary approach to enhanced quality of life and performance through recovery for athletes of all abilities and ages. In this new edition of The TB12 Method, Tom Brady further explains and details the revolutionary training, conditioning, and wellness system that has kept him atop the NFL at an age when most players are deep into retirement. Brady—along with the expert Body Coaches at TB12, the performance lifestyle brand he cofounded in 2013—explain the principles and philosophies of pliability, a paradigm-shifting fitness concept that focuses on a more natural, healthier way of exercising, training, and living. Filled with lessons from Brady’s own training regimen, The TB12 Method provides step-by-step guidance on how develop and maintain one’s own peak performance while dramatically decreasing injury risks. This illustrated, highly visual manual also offers more effective approaches to functional strength & conditioning, proper hydration, supplementation, cognitive fitness, restorative sleep, and nutritious, easy-to-execute recipes to help readers fuel-up and recover. Brady steadfastly believes that the TB12 approach has kept him competitive while extending his career, and that it can make any athlete, male or female, in any sport and at any level achieve his or her own peak performance. With instructions, drills, photos, in-depth case studies that Brady himself has used, along with personal anecdotes and experiences from his legendary career, The TB12 Method gives you a better way to train and get results with Tom Brady himself as living proof.

Raw Food Weight Loss Diet

Choosing Raw

Grain Damage

Green Smoothies Diet

Go Fruit Yourself

The Natural Program for Extraordinary Health

Liquid Raw

How to cheat death and improve life longevity naturally is a health and lifestyle book that deals with various spheres of life such as work, exercise, food, Yoga, well-being and medicine that could increase the life expectancy of a person by backtracking fitness naturally.

Raw Food Controversies demolishes common raw-food myths and establishes useful guidelines for healthy eating. In this book, the author describes his tumultuous years of trial and error with the raw food diet, and the multiple health problems caused by eating raw the wrong way, while providing useful lessons he's learned along the way. Bringing common sense, science and sanity to the raw food movement, Raw Food Controversies answers important questions that have been avoided for too long. It will be of interest to anyone wishing to improve their health, particularly vegans and raw foodists.

4% of the pet lover population feed their dog or cat a raw food diet because it's species appropriate. Kimberly Gauthier, Dog Nutrition Blogger for Keep the Tail Wagging(R), is sharing her experience as a raw feeder, including how feeding a species appropriate diet to her dogs cured allergies, digestive issues, joint issues, chronic ear infections, yeast infections, some behavior issues, and more.Five years ago, a veterinarian told Kimberly that one of her dogs, Rodrigo, would live a short life. Today, Rodrigo is a happy, active, healthy dog and his health issues are in the past. Rodrigo used to go to the vet every other month, today, he goes annually for a check up. Imagine the money saved. Kimberly is raising four dogs on a raw food diet, treating any health issues that come up naturally and through nutrition with the help of two local holistic veterinarians.Raw feeding is becoming more mainstream as pet owners are looking for a healthy alternative to kibble and canned pet food. A Novice's Guide to Raw Feeding for Dogs is a great introduction to a species appropriate diet that is changing dogs' lives.Kimberly is the type of person who jumps back and forth between chapters when she reads a book, so she wrote this book with that type of reader in mind. Learn more about her mindset when she wrote A Novice's Guide here: https://youtu.be/KxjIUJfjBTA

An accessible plan for anyone transitioning to a healthy, plant-based diet that highlights delicious, easy vegan and raw recipes.

Becoming Raw: The Essential Guide to Raw Vegan Diets

Making Raw Foods Part of the Way You Eat

The Raw-food Diet

Raw & Natural Nutrition for Dogs

The China Study

Vegan Bodybuilding and Fitness

Vegetarian Ketogenic Diet Guide

In this book, you will be equipped with necessary instruction about korean beauty products as well as the most effective skincare routine. Again, if you are a beginner to this new trend of beauty care, then it is very important to understand the basis for choosing the appropriate products to use. If you are among those beginners wondering how to have healthy skin with korean beauty products, this book is right for you! Here is a preview of what you'll learn...
▯ 9 effective ways to slow down anti-aging
▯ How to setup your mindset to cultivate and apply these ideas
▯ How to change your current habits
▯ Become smarter about food and what to intake
▯ What your body need and what to avoid
▯ Healthy and delicious recipes for breakfast, lunch and dinner
▯ Much, much more! Afraid of feeling and looking old as you grow older? What kind of life we live is important - also as as we get older. Knowing the anti aging secrets is perhaps even more important. Even if you are getting older it is possible to take care of your physical and mental health by doing some exercise, get on an anti aging diet and educate yourself on strategies to cope with problems and stress so that you both feel and look better, and are aging in a helthy way.

The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight, gain energy, and improve overall health and wellness The Fully Raw Diet offers a 21-day plan to help people enjoy a clean, plant-based, healthful approach to eating. Kristina Carrillo-Bucaram transformed her own health by eating vegetables, fruits, nuts, and seeds▯100% fresh, raw, and ripe!and she is now the vivacious, uber-healthy founder of the FullyRaw brand. Her ten-year success with this lifestyle inspires thousands via social media, and her 21-day FullyRaw Video Challenge on YouTube in 2014 dramatically grew her fan base. This book shares her advice and will correspond to a new video challenge, with meal and exercise tips, recipes, and vivid photos. Fans will love the smoothies, salads, main dishes, and desserts, such as Lemon-Ginger Blast, Spicy Mango Basil Salad, Yellow Squash Fettuccine Alfredo, Melon Pops, and Caramel-Apple Cups.

Rick and Karin Dina are both healthcare practitioners and long-time followers of a raw food diet. They've provided scientific information on how to construct nutritious raw diets through their Science of Raw Food Nutrition classes to hundreds of students. This book is a compendium of the latest information from peer-reviewed research and their own clinical experience on why raw diets are so beneficial and how to construct a raw diet that will provide all the necessary nutrients. The Raw Food Nutrition Handbook covers issues such as getting enough protein, understanding calorie density and nutrient density, focusing on whole plant foods, hydration, and food combining. The Dinas provide examples of some of the most popular raw food diets and discuss the nutritional adequacies of each one. They also share some of the success strategies they've used over the years to help people stay raw over the long term, make sense of conflicting nutritional information, and engage family and friends in their dietary journeys.

If you are looking to balance your raw food diet in a way that will benefit you most, then The Raw Message book is for you.Here is what you will discover:
- How to balance your raw food nutrition the right way and what to eat if you want to achieve your goals, including weight loss, health restoration and optimum digestion- How to put the 80/10/10, high-fruit and low-fat diet into practice- How to avoid dangerous raw food deficiencies- What supplements you may need to include and why
- The ins and outs of achieving natural weight loss- The shocking truth about the high-fat raw diet
- How to look maintain healthy dental hygiene on raw so that you don't have to face dental disasters- The other important aspects of health- The ethical aspect of raw veganism- Personal, relationship and social issues that we have faced and overcome
- The mistakes the we have made so that you can avoid them- The details about our life as a high-fruit raw vegan couple- 107 professionally designed book pages with unique insights about the raw food diet, photographs of our lives and our travels around the worldFrequently Asked Questions That Get Answered In The Raw Message Book:
- What are the common mistakes to avoid?- Is the raw food diet sustainable in the real world?- Is high fat raw vegan diet ok to eat?- What is a realistic strategy for achieving weight loss on raw?- How do I combine my food properly?- What if I don't achieve the Recommended Daily Allowance (RDA) for some nutrients on raw?- How can I avoid deficiencies, especially vitamin B12 and D?- What can I do to ensure that I don't experience major dental problems on raw?- What is your personal experience on a raw food diet? What challenges did you personally face?About the authors: Paul and Yulia Tarbath enjoy living their life with raw passion. They are both qualified Natural Health and Holistic Nutrition Practitioners and enjoy educating and coaching on the raw food diet and health, assisting people from around the globe in reaching their true health potential. They have written books, courses, and delivered seminars and workshops. They run their own website at www.rawsomehealthy.com, which inspires people to live rawfully, healthfully, and mindfully.

Your Natural Diet

The Definitive Guide to Homemade Meals

Raw Food Nutrition Handbook, The

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

Leading a Raw Food Lifestyle, Destined to Make You Soar

The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long-term Health

The Worldwide Adventure of a Raw Vegan Couple Who Reveal the Story of Their Transformation and Share How to Succeed on a Raw Lifestyle

"The first comprehensive book to cover both raw and home-cooked diets specifically for dogs, written by an expert in dog food research and development"--Provided by publisher.

An Essential Guide to Understanding Raw Food Diets

Eating in the Raw

Amazing Un-Processed Raw Food Diet