



# Healing with Raw Foods: Your Guide to Unlocking Vibrant Health Through Living Cuisine

*Jenny Ross*

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Did you know that blueberries are good for the heart and the brain? Were you aware that omega-3s improve concentration? Did you have any idea that the nopal cactus helps balance blood sugar and manage food allergies? Chef **Jenny Ross** has teamed up with some of the world's leading wellness authorities – including **Dr. Daniel Amen, Dr. Michael Shannon, and Dr. Gabriel Cousens**, among other specialists – to give you an in-depth look at the science and nutrition behind how raw foods can lead to vibrant health. Your eating plan can be a delectably fun and functional part of the vital healing process with this collection of easy recipes, designed around expert advice.

In areas ranging from heart health to skeletal support, Jenny shows you how to create enticing raw-food meals and sweet and savory snacks for a potent source of nourishment – and preventive medicine. Whether you want to boost healthy brain function, support childhood development, or help manage diabetes, this user-friendly guide shows you how you can attain your best health through your daily food choices. Living, plant-strong meals can provide a basis of wellness for you and your family. Enjoy delicious recipes such as berry-rich breakfast Moxie Bars, cinnamon Nut Butter Bites, age-defying Greenie Salads, and Cacao Hazelnut Fudge . . . and eat your way to vitality of mind, body, and spirit!

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A lot of people always spent all their free time to vacation or go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. In order to try to find a new activity that is look different you can read a book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the whole day to reading a reserve. The book Healing with Raw Foods: Your Guide to Unlocking Vibrant Health Through

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