

Blatant Raw Foodist Propaganda: or, Sell Your Stove to the Junkman and Feel Great!

Joe Alexander

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Blatant Raw Foodist Propaganda: or, Sell Your Stove to the Junkman and Feel Great! Joe Alexander Most people live on an omnivorous diet, that is, anything that is possible to chew up and swallow and live long enough to tell about, they will eat. Raw foodists maintain that only uncooked foods are fit to be eaten, that cooked food is the cause of virtually all disease and is always harmful to some extent. A cooked-food eater will, if he or she adopts a raw food diet, come to feel lighter, more energetic, and just happier about being alive. The greatest value of the raw food diet is its ability to transform you into a new and better person, with new goals and desires, with better health and more energy. You become more of your essence, your true and natural self. "This delightful book is packed full of useful information for the living food advocate, and the easy natural manner in which it is written makes it most worthwhile reading." J. Vanderborg



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