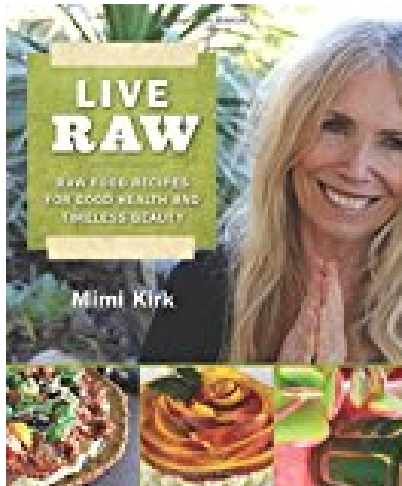


Live Raw Raw Food Recipes for Good Health and Timeless Beauty



BOOK DETAILS

- Author : Mimi Kirk
- Pages : 240 Pages
- Publisher : Skyhorse Publishing
- Language : English
- ISBN : 1616082747

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BOOK SYNOPSIS

Everyone knows that eating well makes you feel good, but Mimi Kirk is living proof that eating well—ideally raw vegan food—can make you look amazing. She's routinely taken to be at least twenty years younger than her age. Live Raw offers 120 recipes sprinkled with must-have advice, including such topics as:

- Detoxifying—So Gravity Won't Get You Down: A detoxifying program to rid your body of dangerous toxins—drop weight in the process and experience an abundance of energy.
- What You Need to Eat Every Day, and Why: An easy-to-read chart of the foods your body needs daily, what vitamins they contain, and what part of the body they compliment and nourish.
- Delicious Raw Food Recipes That Won't Scare Off Non-Vegetarians: Stuffed Portobello Mushrooms with Basil Pesto, Pomodoro Lasagna, Lemony Cheesecake, and more. Learn how to feel better and look better with Mimi Kirk in this engaging, one-of-a-kind guide.

LIVE RAW RAW FOOD RECIPES FOR GOOD HEALTH AND TIMELESS

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