



The Raw Food Lifestyle: The Philosophy and Nutrition Behind Raw and Live Foods

Ruthann Russo

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Ruthann Russo has been a vegetarian and vegan for more than 20 years, and in 2007 became a passionate raw-food enthusiast. She brings that passion to the pages of this comprehensive introduction to raw and live food. In simple, encouraging language, she conveys a wealth of information, from the philosophy of raw-food nutrition, to how it affects the body, to how to transition from a regular diet to one that promotes physical, emotional, and spiritual health.

Using examples from her own life, Russo lays out a practical plan for making the switch that starts with realizing the need to change one's diet (and health), and then stresses small dietary changes to discover what raw foods work, and assessing reactions. She profiles cacao, raw sweeteners, water, pH level of foods, juices versus smoothies, salt, the process of dehydrating food, garlic and onions, and overall food preparation. Russo highlights what supplements (superfoods, vitamins, green products) to include in the diet. She emphasizes the spiritual aspects of the movement as well, exploring meditation, yoga, Buddhism, peacefulness, and fasting.

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