



# The Complete Idiot's Guide to Eating Raw (Complete Idiot's Guides (Lifestyle Paperback))

By Mark Reinfeld, Bo Rinaldi, Jennifer Murray

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**The Complete Idiot's Guide to Eating Raw (Complete Idiot's Guides (Lifestyle Paperback))** By Mark Reinfeld, Bo Rinaldi, Jennifer Murray

**A raw food diet is a purely healthy diet.**

More people than ever are turning to a raw food diet. In this guide, readers will find the secrets to raw food weight loss; how raw foods can heal the body and boost energy and enthusiasm; information on the anti-aging properties of raw food; and 100+ recipes that show how raw foods can be combined into delectable meals.

- Fully explains the benefits of this increasingly popular diet choice, plus presents a mini cookbook that gets readers started on their new regimen
- Recently published studies indicate that rheumatoid and fibromyalgia patients—who number in the millions—can benefit from an uncooked vegan diet rich in antioxidants, lactobacilli, and fiber

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**The Complete Idiot's Guide to Eating Raw (Complete Idiot's Guides (Lifestyle Paperback)) By Mark Reinfeld, Bo Rinaldi, Jennifer Murray Bibliography**

- Sales Rank: #98815 in Books
- Brand: Reinfeld, Mark/ Rinaldi, Bo/ Murray, Jennifer
- Published on: 2008-07-01
- Released on: 2008-07-01
- Original language: English
- Number of items: 1
- Dimensions: 9.12" h x .75" w x 7.30" l, 1.13 pounds
- Binding: Paperback
- 352 pages

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## Editorial Review

### Review

“I’ve seen a lot of raw foods books over the years, but none has left me so impressed.”

—Erik Marcus

“Recipes so good you may want to eat this book.”

—**Woody Harrelson**, actor

“*The Complete Idiot’s Guide® to Eating Raw* is ideal for anyone looking to seamlessly adopt eating habits that will benefit overall health and boost athletic performance.”

— Brendan Brazier, pro Ironman triathlete and best-selling author of *The Thrive Diet*

“I love this book! Now we know that raw foods are able to take complete idiots and turn them into total geniuses! Great recipes! Wow!”

—David Wolfe, author of *The Sunfood Diet Success System* and *Eating for Beauty*.

### About the Author

**Mark Reinfeld** is the founding chef of the Blossoming Lotus Restaurant, which won Honolulu’s Advertiser’s 2006 Ilima Award for “Best Restaurant of Kaua’i.” Reinfeld won the 2006 Platinum Carrot Award for living foods, given to the top “Healthy Gourmet Chefs” in the country, and his cookbook *Vegan World Fusion Cuisine* has won nine national awards. **Bo Rinaldi** is a vegan, herbalist, and vegan cook, and co-authored *Vegan Fusion* with Mark Reinfeld.

## Users Review

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The book The Complete Idiot's Guide to Eating Raw (Complete Idiot's Guides (Lifestyle Paperback)) gives you the sense of being enjoy for your spare time. You can use to make your capable far more increase. Book can to become your best friend when you getting pressure or having big problem using your subject. If you can make looking at a book The Complete Idiot's Guide to Eating Raw (Complete Idiot's Guides (Lifestyle Paperback)) to become your habit, you can get much more advantages, like add your own personal capable, increase your knowledge about many or all subjects. It is possible to know everything if you like open and read a publication The Complete Idiot's Guide to Eating Raw (Complete Idiot's Guides (Lifestyle Paperback)). Kinds of book are a lot of. It means that, science book or encyclopedia or some others. So , how do you think about this reserve?

#### **Elisa Hall:**

In this 21st one hundred year, people become competitive in every way. By being competitive currently, people have do something to make these survives, being in the middle of often the crowded place and notice by surrounding. One thing that at times many people have underestimated it for a while is reading. Yeah, by

reading a publication your ability to survive improve then having chance to stay than other is high. For you personally who want to start reading some sort of book, we give you this particular The Complete Idiot's Guide to Eating Raw (Complete Idiot's Guides (Lifestyle Paperback)) book as beginning and daily reading reserve. Why, because this book is usually more than just a book.

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**Oliver Whitley:**

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