



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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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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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.

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