



Raw Living

By Kate Magic, Kate Wood

Paperback. Book Condition: New. Not Signed; Raw foods are enjoying increasing popularity, particularly now many Hollywood stars are discovering how a diet based on fresh fruit and vegetables, nuts, seeds, sprouts and juices leaves you looking and feeling great. Recently Donna Karan, the fashion designer attracted media attention when she lost 2 stone on a raw food diet and Demi Moore went raw to train for her role in the last Charlie's Angels movie. Kate Wood has been on a high raw diet since September 1993 and currently her entire family eats a diet of over 90 per cent raw foods. She edited Fresh , the magazine of the Fresh Network from 1997-2000. Her first book, Eat Smart Eat Raw was published by Grub Street in 2002 and is now the best-selling raw food recipe book in the UK. Eat Smart Eat Raw has been published in the United States, Canada and Australia and has been translated into French. There has never been a better time to try going raw and in this her second book, Raw Living , Kate provides more delicious easy recipes and guidelines demonstrating how raw foods have an extraordinary potential to transform by giving energy,...



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