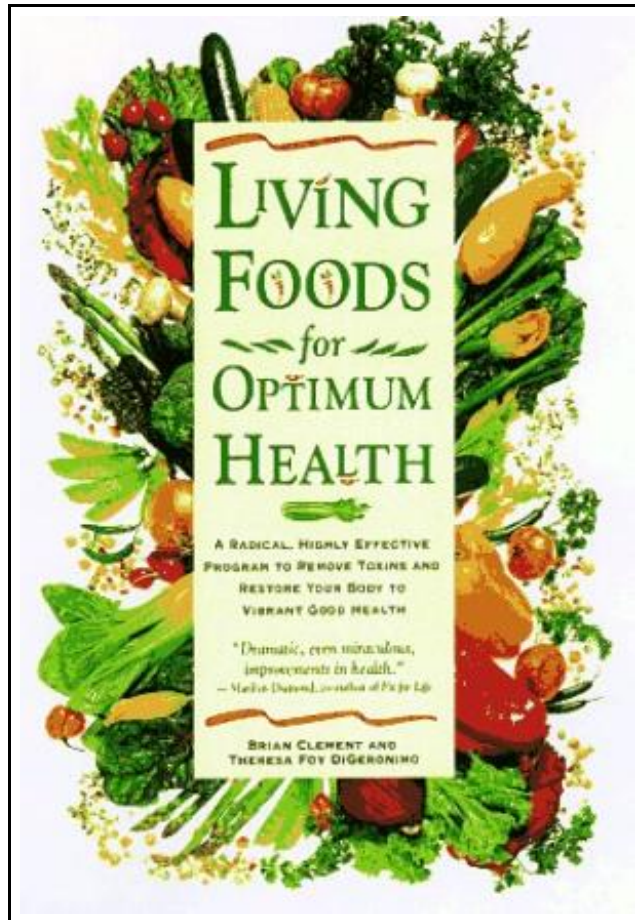


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Prima Lifestyles, 1996. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: People are experiencing miraculous health improvements by eating living foods. Living foods are fruits and vegetables eaten uncooked, in their fresh, natural state, without chemical additives or other harmful products. Living foods purge the body of unhealthy toxins by replacing them with pure energy and nutrients. For over 40 years, the Hippocrates Health Institute has been teaching people how eating living foods will improve their overall health. Living Foods for Optimum Health, by Brian Clement and Theresa Foy DiGeronimo, brings the Hippocrates program into the homes of health-conscious readers. This practical resource shows how living foods fuel and nourish the body. The book includes information on diseases and conditions that can be improved by choosing living foods; the many benefits of the living foods program, analysis of the nutritional myths we were all raised on, and true stories of individuals who have benefited from the living foods program. Living Foods for Optimum Health also features a week's menu and over 100 delicious and healthful recipes. From Hors D'oeuvres and Breads to Desserts and Drinks, Clement and DiGeronimo share tips on how to prepare dishes such as: Italian Whole Bread Creamy Vegetable Soup Potato and Squash Salad Asparagus with Shakti Mushrooms Fresh Organic Fruit Pie Creamy Apple-Walnut Pudding In addition to introducing readers to the why and how of a living foods lifestyle, Living Foods for Optimum Health also includes information on how to grow grasses, sprouts, seeds, nuts, and legumes at home. About the Authors Brian R. Clement, a leader in natural health and healing for more than twenty-five years, is director of the Hippocrates Health Institute in West Palm Beach, Florida. He is also one of the founding directors of the Coalition of...

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