



## The Raw Food Detox Diet: The Five-step Plan for Vibrant Health and Maximum Weight Loss (New edition)

By Natalia Rose

HarperCollins Publishers Inc. Paperback. Book Condition: new. BRAND NEW, The Raw Food Detox Diet: The Five-step Plan for Vibrant Health and Maximum Weight Loss (New edition), Natalia Rose, A top nutritionist provides her simple, proven five-level diet plan to safely make the transition to eating raw foods, and to detoxify and achieve a perfect body no matter how you eat now. The raw food craze has taken off, as raw restaurants spring up and celebrities, models, and other fans tout the effects of eating raw. However, many people who are intrigued by raw food simply don't know how to make the transition from what they're eating now, or how to achieve the benefits of eating raw without giving up their lifestyle or the foods they love. Natalia Rose, an in-demand nutritionist, shows how in "The Raw Food Detox Diet". Whether your diet is primarily made up of meat and potatoes, or tofu and tempeh, you can incorporate the flavour and lasting health benefits of raw food into your life with this groundbreaking diet book to energize and inspire you to achieve your goals safely and easily.



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