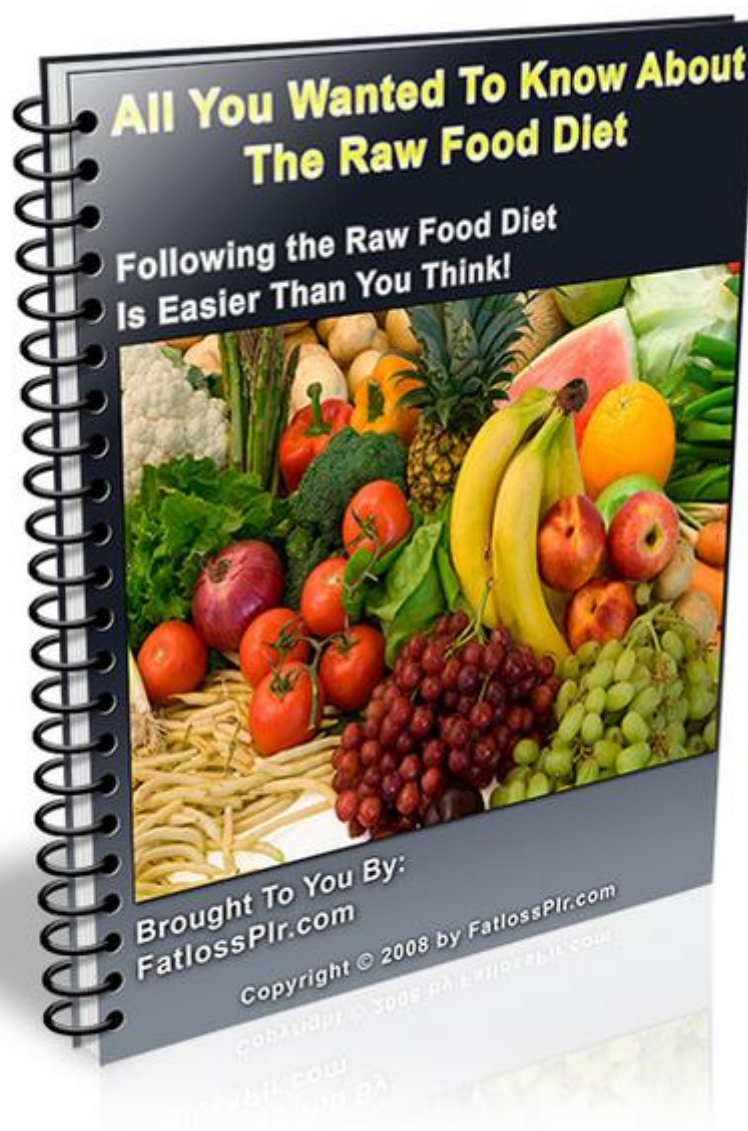


# All You Wanted To Know About The Raw Food Diet - With Plr



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Raw: Simple Pros and Cons Chapter 3: The Nuts and Bolts Chapter 4: Tools of the Trade Chapter 5: 7

Simple and Easy Raw Food Diet Meal Plans Here is a sample extract from my PLR report:

-----xxxxxxxxxxxxxxxxxxxxx----- The following list is to give a clearer picture of the foods one can eat on a raw food diet: Raw and frozen fruits and vegetables, dried fruits and seaweeds, fresh juices, cold pressed oils, herbs, sprouts, sprouted legumes, steak carpaccio tartar, ceviche, sashimi, fish tartar, raw eggs unpasteurized milk, yogurt and cheese. There are some variations on the raw food diet which might exclude certain foods listed here. Research has also shown that soaking seeds, legumes, grains, and nuts actually deactivates certain enzyme inhibitors. This creates more digestible enzymes. Another thing to note about seeds, beans, legumes, and grains is that: allowing them to sprout also increases their nutrients and digestible enzymes. If possible, growing one's own fruits and vegetables can be a great asset. This can cut down on trips to the market. It also allows one to know for certain the complete history of the foods eaten. If food is purchased, organic foods are highly recommended. They have been found to be much more beneficial than -----xxxxxxxxxxxxxxxxxxxxx-----

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