

Alive!: Leading a Raw Food Lifestyle, Destined to Make You Soar (Paperback)



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Reviews

It is one of my personal favorite ebooks. It is probably the most awesome publication I have read through. You won't really feel monotony at anytime of the time (that's what catalogs are for regarding in the event you check with me).

(Juliet Kertzmann)

ALIVE!: LEADING A RAW FOOD LIFESTYLE, DESTINED TO MAKE YOU SOAR (PAPERBACK)



Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the first half of his 30s, Brian Rossiter transformed his health and life by transitioning from the standard American diet to a low-fat, fruit-based raw vegan lifestyle following Doug Graham s 80/10/10 guidelines. Rossiter enjoys 10 or more pounds of fruit, 2 or more pounds of greens and a limited amount of fat a day. This diet has enabled him to experience exceptional health, youthful vitality, sustained energy, enhanced mental clarity and a euphoric sense of well-being. Rossiter reversed chronic back and neck pain and carpal and cubital tunnel syndromes by utilizing the Egoscue Method, centered on stretches and exercises designed to restore the body s posture and alignment, heling one lead a pain-free life. He also launched a regular fitness program that includes circuit training, yoga, rebounding and running. In Alive!, designed for anyone desiring to feel and look his or her best but especially for transitioning raw fooders who want to know what to do on this diet and how to do it with success, Rossiter tells inspiring, intensely personal stories of his joint paths to well-being and offers guidance and insight on his evolving journey toward optimal health. His website is , which features a free e-magazine and video series. Alive! features: A four-step program to help you go raw vegan with ease, gaining clarity and vitality while arriving at your natural weight. More than 25 raw food recipes plus several tool recommendations for a raw home-from blender to spiral slicer-to help you get started in your transition. A focus on the importance of fitness in a healthful lifestyle and the Egoscue Method s principles of bodily structural alignment. Insight from raw fooders Arnold...

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