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Ebook written by Susan

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Optimal Nutrition" by

Susan Eugenie Rubarth

available from Rakuten

Kobo. Return from the

abyss! Navigate your

way from the depths of

uncertainty in health -

through the maze of

crazed food labe...

Living The Raw Live

Vegan Lifestyle -

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...
Vegan for 25+ years,
Zakhah shows you that
living a healthy
lifestyle is flavorful, fun
& easy through health
coaching and cooking
classes. Zakhah is the
author of the award-
winning, best-selling
book *The Joy of Living
Live: A Raw Food
Journey*.

**The Joy of Living
Live: A Raw Food
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The benefits of going raw-vegan are boundless. Rawfoods are easy to digest, and they provide the maximum amount of energy with minimal bodily effort. Studies have shown that living foods have healing powers that can alleviate many illnesses such as low energy, allergies, digestive disorders, weak immune system, high cholesterol,

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candida, obesity and
weight problems
(weight normalization),
etc..
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**Raw Food Plant-
Based Diet: Living
Foods Diet -
HappyCow**

Live Live & Organic is
the premier store for
organic, raw, gluten-
free, plant-based
health products and
skin care.

Organic, Vegan,

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**Plant-Based Living -
live live & organic™**

Raw food, while
important to help our
physical bodies live
better and longer lives,
will mean nothing once
we die. These
incredible bodies will
eventually degrade
regardless of how we
feed them. Do you
know for certain what
happens when your life
ends?

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GRACE - Home

"Food is absolutely delicious! Who knew that raw vegan food could taste so good! You will most likely be waiting awhile for your order, but it's well worth the wait. Your body will appreciate this good healthy food." - Miss-Annie T.

All Live Food - Raw & Vegan Foods

The latest vegan news and plant based

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recipes and resources -

worldwide. Including

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successfully.

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Blog | A 100% plant-
based blog sharing**

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Laura Christine Sainz is the CEO & Founder of Live Vegan Vibrantly, a transformational and healthy lifestyle coaching company that provides integrative medicinal practices and holistic services to teach, train, educate, and empower

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individuals to
successfully thrive a
healthy whole-food,
plant-based lifestyle
while living
meaningful, passionate
lives.

Live Vegan Vibrantly

At Living Raw We
source the highest
quality ingredients
from ethical farms
around the world to
bring you super
creamy and supremely
satisfying Treats. Our

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Vegan Lifestyle

100% organic truffles
are lovingly prepared
at low temperatures to
preserve precious
enzymes, vitamins and
antioxidants.

Living Raw - Official Website

Of course, raw vegan
diets, or a fruit-based
diet as they might be
described, involve an
abundance of fresh and
crispy salads,
smoothies, juices and
soups, but there's an

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endless list of recipes
for dishes fit for
royalty, like raw
enchiladas, strawberry
shortcake pies and
even a bacon lettuce
and tomato sandwich.
Check out my raw
books guide for some
seriously
mouthwatering recipe
books you ...

How to start a raw vegan lifestyle - Berry Abundant Life

Easy, peasy, raw

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pumpkin pie. A little forethought with dehydrating, but most of my food is fresh fruits and vegetables. Delicious, fun, energy-producing, and easy. My new motto was given to me by a Marine that I'm coaching to eat healthier: "Adapt, Improvise, Conquer." That's how I help people get healthier and how I live my life.

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**Camping While Raw
Vegan - LIVING RAW
BY GRACE**

The latest vegan news,
recipes, nutrition
advice and information

about veganism from
Vegan Food & Living
magazine - the UK's
best-selling vegan
magazine.

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Selling Vegan
Magazine**

RAW: The UNcook book
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228 pages of color
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right out of the
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Foodists believe in

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eating only an
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UNHEATED,
UNPROCESSED and
ORGANIC plant based
diet. What is a Living
Foodist or Raw Foodist?
A person who eats 75%
or more living/raw
food.. The more, the
better. Optimally one
should eat as 100%
raw and living foods if
it feels right for them.
Is a 100% living and
raw food diet best?

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