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I cannot tell you how many weekends of slightly over-indulging I have set straight simply by 24-48 hours of eating raw foods, drinking Oolong tea with raw honey, and plenty of water. The powers of elimination and cleansing from raw foods, and particularly from her combinations, are the best take-aways from Natalia Rose books and eating habits.

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The Raw Food Detox Diet eBook von Natalia Rose

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. Over time, our bodies build up poisons and store waste from food that is not fully eliminated.

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The Raw Food Detox Diet The Five Step Plan for Vibrant

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