

[RAW FOOD DIETS](#)



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Your oven gets a rest on this diet. You'll mostly be eating raw fruits, vegetables, and grains. The idea is that heating food destroys its nutrients and natural enzymes, which is bad because

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What to Know Before Trying a Raw Food Diet

The raw food diet is based on the belief that uncooked and unprocessed food can help you to achieve better health and prevent diseases like heart disease and cancer.

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Raw Food Diet Benefits Risks and How to Do It Dr Axe

Despite what you might have heard, a raw food diet is not another fad diet as we normally think of one. In fact, some experts on raw diets say that they're essentially the opposite: anti-diets and more like a lifestyle that simply promotes eating more real foods in their natural state.

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Raw Food Diet What To Know US News Best Diets

The Raw Food Diet traces back to the late 1800s, when Maximilian Bircher-Benner, a doctor, discovered he could cure his own jaundice by eating raw apples.

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The Raw Food Diet A Beginner's Guide and Review

The raw food diet has been around since the 1800s, but has surged in popularity in recent years. Its supporters believe that consuming mostly raw foods is ideal for human health and has many

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What You Can Eat on a Raw Food Diet Verywell Fit

A typical raw food diet consists of whole, unprocessed food that hasn't been heated above 118 F (48 C). The major food groups are fruits, vegetables, seeds, nuts, grains, sea vegetables, and fats.

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Raw foodism Wikipedia

A raw vegan diet consists of unprocessed, raw plant foods that have not been heated above 40-49 C (104-120 F). Typical foods included in raw food diets are fruits, vegetables, nuts, seeds, and sprouted grains and legumes.

<http://ebookslibrary.club/Raw-foodism-Wikipedia.pdf>

Raw food diet What are raw foods What is the raw vegan

Proponents of a raw food diet claim that there are many benefits to eating raw foods, including weight loss, more energy, clear skin, improved digestion and improved overall health.

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