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This is THE book that my diet is based on. Dr. Graham describes the foundation for eating the most abundant and energetic raw vegan diet in existence. He describes how humans are not carnivores, omnivores, or herbivores. In fact, we are frugivores, designed to eat the majority of our calories from raw fruits and the rest from raw veggies.

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Rawsomely Vegan The Ultimate Raw Vegan Recipe Book

Finally: raw vegan recipes that taste as good as they are good for you! You know that your raw vegan diet brings out the best in your food, and the recipes in this book will make your meals all the better.

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Kristen's Raw Raw Recipes Books Ebooks

I've definitely been able to stick to my transition into a high-raw vegan diet, and I will continue to do so, with the help/advice you've provided in your e-books. Thank you, thank you, thank you!! :0

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