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Depending on the source, a raw food diet is either a path to perfect health or to serious undernourishment.

Probably, the truth is somewhere in the middle. Devotees insist that a diet consisting

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Raw Food Recipes Recipes

This yogurt by Golubka Kitchen does not taste like dairy yogurt, but it does have a satisfyingly creamy, fatty body, which goes well with fresh fruit, much like regular yogurt.

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Starting a Raw Food Diet

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