

## [THE RAW FOOD DETOX DIET BY NATALIA ROSE](#)



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Natalia Rose recommends a gradual transition to a raw diet, incorporating some cooked foods for a while as you transition. She recommends that people stay at a moderate raw diet for years, even, as their bodies and their lifestyles get used to the raw foods. She suggests a 5 stage plan to achieving a raw diet, and mentions that there is room for the occasional, special cooked meal even for a "level 1" raw foodist.

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You do not conform to The Raw Food Detox Diet; it conforms to you, and you choose how far you want to go. Whether you're looking to live an all-raw lifestyle, or just to improve your energy and shape while still eating the foods you love, this groundbreaking diet book will energize and inspire you to achieve your goals safely and easily.

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