



Raw Food Formula for Health

By Paul Nison

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Raw Food Formula for Health By Paul Nison

Speaking from a first-hand experience, Paul Nison shares his personal journey to vibrant health and his passionate belief in the healing powers of the human body. Focusing on life-enhancing raw foods, Paul presents sensible information about nutrition's role in preventing disease along with how to determine the root causes of illness. Using a simple four-stop program, you'll be able to: eliminate the cause of your health problems; cleanse and heal from past damage done to your body; create a diet and lifestyle based on your own personal body chemistry; access emotional and spiritual feelings to support your path. Diets for cleansing, transition, and maintenance along with a three week meal plan with easy, delicious recipes will make it easy for you to put this health formula into practice. You'll soon experience increased vitality and health, and realize that optimal wellness is within your reach.

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Editorial Review

About the Author

Paul Nison, raw foods chef, educator and motivational speaker, has been featured on The Food Network and in several magazines and newspapers. He travels worldwide giving lectures and classes on raw food nutrition and food preparation to show people how easy and fun the raw lifestyle can be. He is also the author of Healing Inflammatory Bowel Disease, The Raw Life, Raw Knowledge, and Health According to the Scriptures.

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