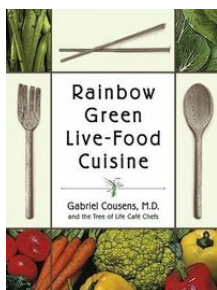


RAINBOW GREEN LIVE-FOOD CUISINE

Medical researchers have found that a high-fat, high-sugar diet, combined with environmental pollutants and stress, can lead to a buildup of toxins in the body collectively known as chronic degenerative disease. Here holistic physician Gabriel Cousens addresses the dangers of foods that have been genetically modified, treated with pesticides, microwaved, and irradiated—and presents an alternative diet of whole, natural, organic, and raw foods that can reverse chronic disease and restore vitality. Both a guide to natural health and a cookbook, Rainbow Green Live-Food Cuisine features over 250...



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Rainbow Green Live-Food Cuisine

Author	Gabriel Cousens
Original Book Format	Paperback
Number of Pages	568 pages
Filetype	PDF / ePUB / Mobi (Kindle)
Filesize	13.87 MB

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Reader's Opinions

In the world of nutrition it seems there are about a million different voices saying what is good for you and what is not. With that in mind I would have to say I have no idea if this guy is right or wrong or partially right or...

While Cousens makes some interesting and somewhat valid comments on the toxicity of stored grains, as he promotes his live-food cuisine and its healing benefits, I still am not convinced that they need to be avoided. There are way too many cultures where the basis of the diet is grains. To feed a lot of people, you have to store the...