



Raw: No Meat, No Heat

By Lynelle Scott-Aitken

Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Raw: No Meat, No Heat, Lynelle Scott-Aitken, The general premise behind the raw food movement is that high-temperature cooking and other methods of processing and refining destroy the beneficial living enzymes in food necessary for healthy digestion. Raw shows you how to increase your inner health and vitality by including in your diet unprocessed raw whole foods, and foods prepared using low-impact methods such as dehydrating (or drying in a low-temperature oven), macerating and marinating, pickling, blending, fermenting and culturing, sun-drying, juicing, soaking and sprouting. Whether you wish to follow a complete raw food diet or merely enhance your regular diet with fresh wholesome ingredients, this book is a kitchen must-have.



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