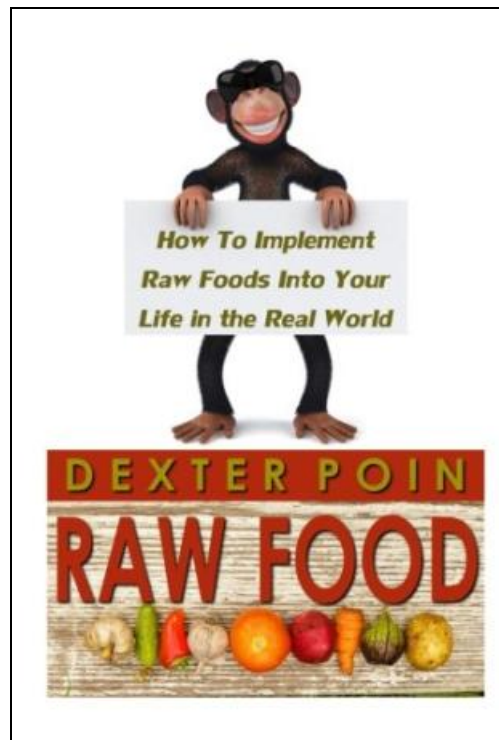


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. Large Print. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.RAW FOOD BY DEXTER POIN IS PROUDLY SOLD EXCLUSIVELY ON AMAZON BOTH IN PAPER BACK AND EBOOK FORMATS FOR YOUR CONVENIENCE Raw Foods and how to implement them into our hectic lives in the real world. TO BE OR NOT TO BE YOUR OWN NUTRITIONIST. THAT IS THE 75 ZILLION DOLLAR QUESTION? B.Y.O.N. This is not just another slap and stick run of the mill diet and recipe book on the subject of raw foods. In fact none of my many books out there are typical run of the mill books on any of the subjects that I write about. I have got very different views on the subject of health and wellness than what appears to be being pushed out onto the masses of health and wellness seekers. But my views are all based on my 37 years of living this stuff, rather than trying to sell concoctions of snake oil, and hype, to gullible wide eyed people. This raw foods book here is part of my next series teaching people how to be their own nutritionist. This has been my goal and will continue to be my goal as long as I am alive. This is a life long journey for all of us, not just something that we get excited about for a minute, then once that excitement dies down, we go out and look for the next shiny object that catches our eye and start the whole process over again. That my friends would be called a fad. And I am adamantly against fads of all kinds, not just the fads in the health and fitness related sectors. So...

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