

[EATING RAW FOODS](#)



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Some eat unpasteurized dairy foods, raw eggs, meat, and fish. Your food can be cold or even a little bit warm, as long as it doesn't go above 118 degrees.

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Raw Food Diet Benefits Risks and How to Do It Dr Axe

The Importance of Fermented Foods in a Raw Food Diet. A staple of nearly every civilization on earth in one form or another, fermented foods are some of the healthiest things about eating a raw food diet. Fermented foods are raw and naturally develop probiotics during the period when they undergo fermentation, which happens when oxygen converts some of their nutrients.

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Raw food Official Site

Raw Food Weight Loss Diet Find out how the raw food weight loss diet works, and why it's one of the fastest growing diets. Free raw food diet plan, recipes and preparation tips. Best Sources of Vegan Protein Eat more vegan protein. It's much healthier than dairy and meat. Largest study reveals shocking results. List of best vegan sources.

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The Raw Food Diet A Beginner's Guide and Review

The raw food diet, often called raw foodism or raw veganism, is composed of mostly or completely raw and unprocessed foods.

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Eating Living Raw Foods What to Eat in a Raw Food Diet

After greens, fruits, fats the rest of a raw food diet is any other raw plant foods roots, flowers, stems, herbs, fungi (mushrooms), sea vegetables (seaweeds), algae, sprouted legumes (mung, lentil, green pea) and grain sprouts especially oats for silica, and ancient non-hybrid kamut.

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Raw foodism Wikipedia

Raw foodism, also known as rawism or following a raw food diet, is the dietary practice of eating only or mostly food that is uncooked and unprocessed. Depending on the philosophy, or type of lifestyle and results desired, raw food diets may include a selection of fruits, vegetables, nuts, seeds, eggs, fish, meat, and dairy products.

<http://ebookslibrary.club/download/Raw-foodism-Wikipedia.pdf>

What to Know Before Trying a Raw Food Diet

Typically, about 70 percent or more of the diet consists of raw food. Your staples on the raw food diet are fruits, vegetables, nuts, seeds, sprouted grains, and beans. Gently heating food is considered acceptable as long as the temperature doesn't go above 118 degrees Fahrenheit.

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3 Reasons No One Should Be On A Raw Foods Diet

Many raw food advocates believe that food is best eaten in its natural unprepared state, with all the enzymes intact. As a Chinese Medicine practitioner, I always tell my patients to AVOID raw foods, especially if they have a weak digestive system, or suffer from allergies or infertility.

<http://ebookslibrary.club/download/3-Reasons-No-One-Should-Be-On-A-Raw-Foods-Diet.pdf>

4 Ways to Go on a Raw Food Diet wikiHow

In this Article: Sample Foods and Recipes Stocking up on Acceptable Foods Preparing Raw Foodist Meals Staying Healthy on a Raw Food Diet Community Q&A 32 References. A raw diet is based on uncooked, unprocessed, and unrefined foods and beverages.

<http://ebookslibrary.club/download/4-Ways-to-Go-on-a-Raw-Food-Diet-wikiHow.pdf>

The raw food diet Types benefits and risks Health News

A raw food diet involves mainly unprocessed, whole, plant-based, and preferably organic, foods. Three-quarters of the person's diet should consist of uncooked food.

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