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Raw foodism has been around since the 1800s, and both studies and anecdotal evidence show the benefits of a raw food diet include: (1) lowering inflammation. improving digestion. providing more dietary fiber. improving heart health. helping with optimal liver function. preventing cancer.

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A raw food diet is low in calories, high in fiber, and based on primarily healthy whole-plant foods, so eating this way will lead to weight loss.

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While raw food diets certainly have a good premise, it isn't necessary to only eat raw foods to be healthy or lose weight, if that's your goal.

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