

## [RAW FOOD BODIES](#)



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

This applies to all of us, but some people who can especially benefit from eating more raw foods include those with: cancer ( 3). heart disease. high blood pressure and high cholesterol ( 4). osteoporosis. kidney disease. gallstones or gallbladder disease. Parkinson s disease. autoimmune

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### **How A Raw Food Diet Affects The Body Live Love Fruit**

A raw food diet helps the body enter an alkaline state instead of an acidic state. When our bodies are acidic we tend to carry a lot of excess mucus which can lead to clogged up lungs and stuffy sinuses. Consuming a high raw, whole food diet will help those suffering from asthma, bronchitis, sinusitis, cystic fibrosis, chronic coughing and emphysema.

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### **Beautiful Body with Raw Food Diet Beautiful on Raw**

Sculpting Beautiful Bodies Ageless Bodies with Raw Foods and Hot Yoga Make a decision to adopt a healthy raw food lifestyle, and you will feel the benefits for the rest of your life.

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### **Raw Food Diet Review Benefits What You Eat More WebMD**

Due to the risk of food poisoning, a raw foods diet isn't recommended for pregnant women, young children, seniors, people with weak immune systems, and those with chronic medical conditions like

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### **The Raw Food Diet A Beginner's Guide and Review**

The Raw Food Diet: A Beginner's Guide and Review Written by Taylor Jones, RD on February 14, 2017 The raw food diet has been around since the 1800s, but has surged in popularity in recent years.

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### **Interview With A Raw Food Bodybuilder Raw Power**

Cooked food does not build a body; cooked food destroys a body in the long-run. "Raw Power!" appeals to everybody, whether you want to look like a raw version of Arnold Schwarzenegger or you just want a slim, muscular body capable of endless energy and stamina.

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### **3 Reasons No One Should Be On A Raw Foods Diet**

The cold, hard-to-digest nature of raw foods puts a damper on the body s digestive fires. Overtime, this can weaken the body s digestive system causing bloating, glassiness and poor absorption of the nutrients in foods.

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