



## Alive!: Leading a Raw Food Lifestyle, Destined to Make You Soar (Paperback)

By Brian Rossiter

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In the first half of his 30s, Brian Rossiter transformed his health and life by transitioning from the standard American diet to a low-fat, fruit-based raw vegan lifestyle following Doug Graham's 80/10/10 guidelines. Rossiter enjoys 10 or more pounds of fruit, 2 or more pounds of greens and a limited amount of fat a day. This diet has enabled him to experience exceptional health, youthful vitality, sustained energy, enhanced mental clarity and a euphoric sense of well-being. Rossiter reversed chronic back and neck pain and carpal and cubital tunnel syndromes by utilizing the Egoscue Method, centered on stretches and exercises designed to restore the body's posture and alignment, helping one lead a pain-free life. He also launched a regular fitness program that includes circuit training, yoga, rebounding and running. In *Alive!*, designed for anyone desiring to feel and look his or her best but especially for transitioning raw fooders who want to know what to do on this diet and how to do it with success, Rossiter tells inspiring, intensely personal stories of his joint paths...



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