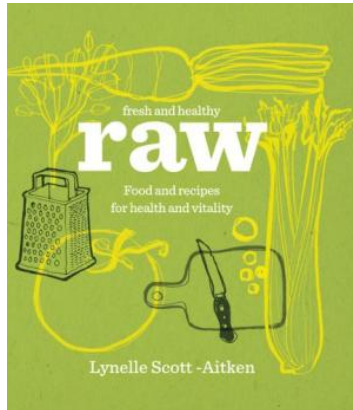


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# RAW: NO MEAT, NO HEAT



Simon & Schuster Ltd. Hardback. Book Condition: new. BRAND NEW, Raw: No Meat, No Heat, Lynelle Scott-Aitken, The general premise behind the raw food movement is that high-temperature cooking and other methods of processing and refining destroy the beneficial living enzymes in food necessary for healthy digestion. Raw shows you how to increase your inner health and vitality by including in your diet unprocessed raw whole foods, and foods prepared using low-impact methods such as dehydrating (or drying in a low-temperature...

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