



# **Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well'**

*Bernadette Bohan*

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# **Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well'**

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*'Eating raw, living foods will inject vitality into your life. It has certainly brought my health to a different level.'*

**'Let food be thy medicine and medicine be thy food.'**  
**Hippocrates, the father of modern medicine**

When Bernadette Bohan was diagnosed with cancer for a second time, she took Hippocrates' advice on board. She embraced a plant-based, living food diet and soon noticed real results: her health improved greatly, her skin glowed, her energy exploded and her waist shrank.

Bernadette has since become an advocate for this way of life, helping thousands of people get back to better health. Now, for the first time, the bestselling author of *Eat Yourself Well*, *The Survivor's Mindset*, *The Choice* and *The Programme* shares her secrets in her much-anticipated cookbook *Raw*.

Give your body the food it was meant to eat with these delicious, nourishing recipes. Choose from immune-boosting juices, nurturing soups, alternative comfort dishes and yummy treats that everyone will love. These recipes are perfect for anyone with an appetite for health.

*'After my wife and I started to follow Bernadette's guidelines for healthy living, the benefits were almost immediate; I had much more energy, I lost weight and we both felt so much healthier. Our immune systems have improved beyond recognition. I can't even remember the last time either of us needed the services of a doctor for any kind of ailment.'*

Derek Nequest

*'Bernadette changed the way I think about food and what I thought was healthy.'*

Lou, Galway

In *Raw*, Bernadette Bohan will teach you how to live well on living foods, with recipes for appetising starters, mains, desserts and snacks, all written in Bernadette's accessible and inspirational manner.

*Raw* is perfect for anyone who wants to lose weight, is addicted to sugar, has no time to cook or simply wants to look and feel better. In addition to over 75 mouth-watering raw recipes, it also includes practical advice on how to use specialised equipment such as juicers, and how to grow sprouts, wheat grass and make alternatives to dairy products.

Complete with stunning photography to whet your appetite, this book is for everyone who wants to live a

healthier life.

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#### **Frances Feist:**

This Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' book is just not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book is actually information inside this publication incredible fresh, you will get info which is getting deeper anyone read a lot of information you will get. This kind of Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' without we understand teach the one who reading it become critical in contemplating and analyzing. Don't be worry Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' can bring if you are and not make your bag space or bookshelves' turn into full because you can have it with your lovely laptop even cellphone. This Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' having excellent arrangement in word in addition to layout, so you will not experience uninterested in reading.

#### **Mary Sexton:**

The knowledge that you get from Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' is the more deep you searching the information that hide inside words the more you get thinking about reading it. It does not mean that this book is hard to comprehend but Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' giving you thrill feeling of reading. The copy writer conveys their point in selected way that can be understood by anyone who read the idea because the author of this reserve is well-known enough. This specific book also makes your current vocabulary increase well. So it is easy to understand then can go with you, both in printed or e-book style are available. We propose you for having this kind of Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' instantly.

#### **Rosa Reid:**

Do you have something that you like such as book? The book lovers usually prefer to choose book like comic, brief story and the biggest the first is novel. Now, why not seeking Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' that give your entertainment preference will be satisfied through reading this book. Reading routine all over the world can be said as the way for people to know world considerably better then how they react toward the world. It can't be mentioned constantly that reading routine only for the geeky individual but for all of you who wants to possibly be success person. So , for all of you who want to start looking at as your good habit, you may pick Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' become your personal starter.

**Samuel Brooks:**

Many people said that they feel weary when they reading a guide. They are directly felt this when they get a half areas of the book. You can choose typically the book Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' to make your reading is interesting. Your own skill of reading expertise is developing when you similar to reading. Try to choose very simple book to make you enjoy to learn it and mingle the sensation about book and reading through especially. It is to be very first opinion for you to like to available a book and go through it. Beside that the publication Raw - Recipes for Radiant Living: The Eagerly Anticipated Cookbook from the No.1 Bestselling Author of 'Eat Yourself Well' can to be a newly purchased friend when you're really feel alone and confuse with what must you're doing of the time.

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