



# **The Live Food Factor: The Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet**

*Susan E. Schenck*

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Product Description The Live Food Factor is the first comprehensive guide to not only the raw food diet, but also the raw food movement itself. This diet is sweeping America as people discover its power to not only make a body lean, but also keep disease at bay and bolster the immune system to heal from what are typically considered "incurable" diseases. Everyone who eats should read this book! The first edition won the IPPY award as "most progressive health book of the year." The second edition of the Live Food Factor is an updated, expanded and revised comprehensive guide to the raw food diet, with a section on inspiration, a section on science, a section on the history of raw foodism, a complete how-to section, including frequently asked questions & answers, and recipes. It contains 66 scientific studies to support the superiority of eating raw. This second edition brings a summary of all the benefits of Natural Hygiene as well. It includes several chapters written mainly by Victoria BidWell, including the true cause of illness, how to detox and an entire chapter on fasting. It also includes a new chapter written mainly by Dr. Vetrano and Dr. Tosca Haag on how to get children to eat raw. There are new testimonials, many new recipes, updated science studies, and even 3 new appendices. It is packed with new and updated information. In fact, this edition has about 37% more information! (The font had to be slightly condensed to squeeze everything in!) It also contains forewords by Dr. V. Vetrano, DC, hMD, PhD, DSci (who worked extensively with Dr. Shelton of the Natural Hygiene movement) and Victoria Boutenko (one of the most noted leaders of the raw food movement). It was carefully edited for accuracy by Bob Avery, expert on the raw food diet and former editor of the M2M magazine, as well as Victoria Bidwell and Dr. Vetrano for accuracy in the Natural Hygiene components.

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