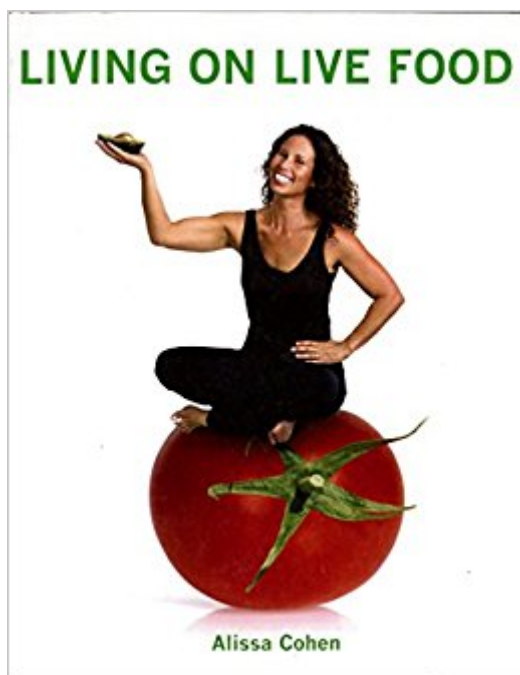


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# Living On Live Food



## Synopsis

Living on Live Food teaches you what a raw and living food diet is and how to get started immediately! But that's not all, this motivational book also covers such topics as: addiction to cooked foods, changing your thought process, being social while staying healthy, enzymes, acid-alkaline balance, strategies and techniques, matters beyond food... plus so much more. 290 Recipes and detailed 4-week plan complete with menu, shopping lists and meal preparation instructions. 15 compelling real-life success stories with amazing before and after photographs. "You will see results! Not within years, or months, or even weeks, but within days! Does this sound like I'm promising a lot? I am! But I'm not exaggerating. You'll believe me almost from the instant you start eating this way. It's a miracle just waiting to happen to you." (600 pages. Paper)

## Book Information

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## Customer Reviews

Living on Live Food teaches you what a raw and living food diet is and how to get started immediately! But that's not all, this motivational book also covers such topics as: addiction to cooked foods, changing your thought process, being social while staying healthy, enzymes, acid-alkaline balance, strategies and techniques, matters beyond food... plus so much more. 290 Recipes and detailed 4-week plan complete with menu, shopping lists and meal preparation instructions. 15 compelling real-life success stories with amazing before and after photographs. "You will see results! Not within years, or months, or even weeks, but within days! Does this sound like I'm promising a lot? I am! But I'm not exaggerating. You'll believe me almost from the instant you start eating this way. It's a miracle just waiting to happen to you." (600 pages. Paper)

Living on Live Food is the best raw food lifestyle book I have ever read. She gives you a clear concise plan. Holds you by the hand and provides you with a month or more of menus and their weekly shopping lists. Everything is in plain English. It is as if she is there with you and she makes it so easy to know what to eat and when and how much as well as a ton of awesome recipes. I kid you not this book is as thick and huge and heavy as any calculus book. If I could only have one raw food book to get me started this would be it.

This is JUST what I was looking for. I actually got over enthusiastic, and ordered three books on . This is by far my favorite. Some books are so fanatical, they don't even want you to use Bragg's seasoning, or certain other sweetening ingredients like Maple. Anything that is too fanatical is a turn off for me. While I do not believe there is no nutrition in cooked food, and while I am SURE I will not embrace this as a permanent lifestyle, I am on the third full week of eating completely raw. I feel fantastic, I have tons of energy, I am enjoying the taste of food, my cravings have gone completely away. I am living with meat eaters, and am easily resisting the smells of cooked meat....my desire for it has all but disappeared. My main goals were to get away from eating processed foods, and to get my body to really absorb the nutrition from the foods I eat so that I feel satiated. This is doing the trick! I modify some of the recipes to suit my taste and use what ingredients I have, but the recipes offer great guidelines on how to put together a tasty, delicious, satisfying meal! I love it!

My wife's health required her to completely change her diet from typical American diet to an raw food only way or eating. The book rawvolution is full of pictures so that we can see what the finished meal should look like. We also can choose meals on how tasty they look. Unfortunately miss Cohen's book offers only a few pictures. Bring visual people, the lack of completed meal pictures is a major draw back. I will use rawvolution book much more often. Another drawback is that I could not find it in hardcover.

Alissa Cohen is a great teacher and author. This book is easy to follow if you want to go raw. I bought it, read it, and immediately went into the 30 day challenge. She tells you just what to do, and it's not way far out stuff. You make a few recipes and mix those with more plain raw foods, so it's quite manageable. The main thing you must do is be prepared, with snacks and supplies on hand so you're not left hungry with nothing appropriate to eat. I found it very helpful, and I continue to use favorite recipes and try new ones from the book 1 1/2 years later.

I have first ordered this book through the library, but now have purchased it as well. I am completely new to the raw food diet, and have been on it for the past 2 weeks with the help of this book. With this said, here are the pros and cons of the book in my opinion: PROS:- delicious recipes- good explanation of what can and cannot be eaten, how to sprout, good charts- entertaining way of writing, makes you want to try this way of eating and motivates enough to stay on it. CONS:- very bulky book, and while the pictures are great, I believe they could've printed on other paper- too many real life stories of people on the diet, feels kind of like an ad. I recommend this book to anyone starting out on the raw food diet, it really does have great recipes, some of which are whipped up in matter of minutes if you have the right equipment (processor).

This lady has taken stock of what a raw food diet can do for your body, her body, and a number of her friends bodies. She has before and after photos and logs of some of the healing crises these people went through. Plus she has about 300 or so recipes for creating delicious alternative meals and snacks to the stuff that's been poisoning you. What I now know about salt I would recommend Amino Acids instead of any kind of salt in her recipes; but she has faithfully adhered to a raw and not fermented or semi-cooked diet and that is what makes the book such a good show and tell-handly to have in the kitchen kind of gem. I lost over a hundred points on my cholesterol, thirty pounds I no longer carry around my waist and thighs, no more blood in the urine, no more getting up in the middle of the night to go to urinate, and my skin got a healthier glow.

Hello: Alissa is the real deal. She is living this live food path, and taking the time, sharing from her heart, her life, her experiences & the 'whys'. My son intuitively turned his health around, from panic & anxiety attacks [at age 24!], switching from the easy U.S. standard fast food options, to "live" food, and water. little bags of raw nuts, celery, carrots, apples. That is not so difficult to prepare. If one takes the time to really really do this, & yes, this is not the way I learned to prepare 'meals', yes, different methods of food preparation, yet, do the steps in preparation to consistency Alissa notes, i.e. process long enough till the mock salmon ingredients are creamy, get the consistency Alissa describes, you too may find yourself as I did, less than a week on plan, looking in the mirror & with a SMILE, recognizing yourself for the first time in years. Classes are available in most every state for those of us who need/want instruction! This is more than a cookbook. This is about Living.

This is an excellent book about becoming a raw vegan. The book is huge but has very short

chapters that keep you interested to keep reading. I also like the step-by-step format, which is something I always wanted in a raw vegan book. It's one thing to say eat your fruits and veggies, but books shows you how in a week-to-week format.

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