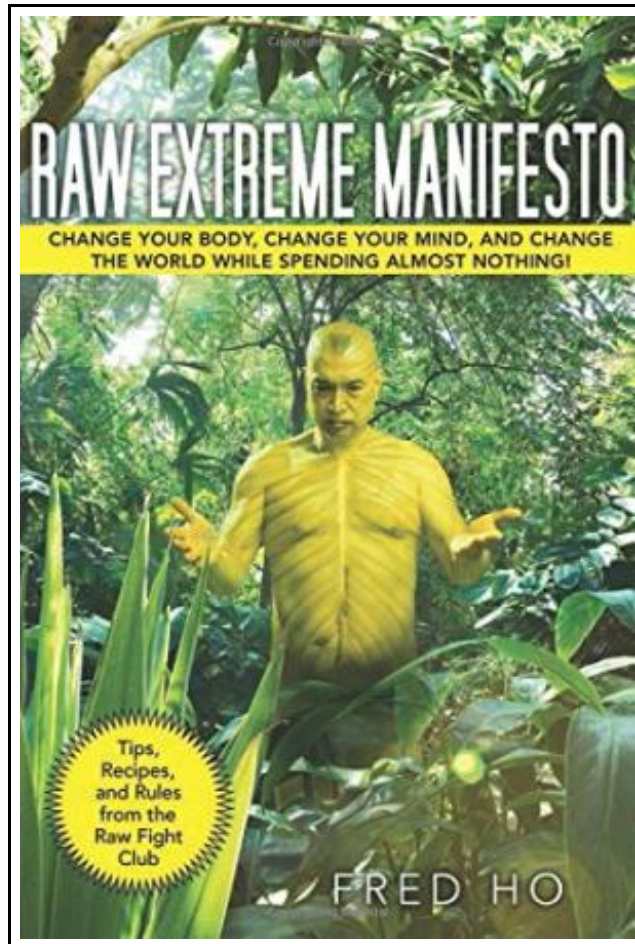


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## **RAW EXTREME MANIFESTO: CHANGE YOUR BODY, CHANGE YOUR MIND, AND CHANGE THE WORLD WHILE SPENDING ALMOST NOTHING!**



Skyhorse Publishing. Paperback. Book Condition: new. BRAND NEW, Raw Extreme Manifesto: Change Your Body, Change Your Mind, and Change the World While Spending Almost Nothing!, Fred Ho, A cross between Michael Pollan's "Food Rules" and Adam Richman's "Food vs. Man", "Raw Extreme Manifesto" is one man's journey into raw food extremism. With sensible tips, simple recipes, rules, and most importantly, results, Fred Ho's book tells you everything you need to know about going totally raw - without spending all your money on expensive juicers or fancy groceries. Driven by a desire to become healthier and solve a myriad of health issues, Fred Ho begins his journey into raw food extremism, overcoming his skepticism by resisting the psychological matrix of dependency and addiction to cooked and industrial food production; by developing a small community circle of raw food enthusiasts (Raw Fight Club) seeking to solve a variety of ailments and maladies (diabetes, asthma, hypertension, obesity, and even multiple sclerosis and cancer); by opposing the hyper-marketing of "raw chic" (going raw is often affordable only to the affluent); and by devising a raw food commitment that spends almost no money. After just two weeks, he feels extraordinary results. Much more than twenty-five original recipes and tips about going raw and staying raw, this is an indispensable handbook for everyone who ever wondered if they have what it takes to change their lives and ultimately their society for the better. In the author's own words about Raw Fight Club: "we make raw food dishes, share ideas, talk politics, and come up with strategies to change the world!" It includes 25 full-color photographs.



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