

“Raw for Life” is a must-see DVD

The Raw Food lifestyle is rapidly gaining worldwide recognition for its power to heal, rejuvenate and maintain health at a high energy level. The raw diet consists mostly of fruits, vegetables, grains, sprouts, nuts and seeds. It is a vegan diet (no meat, cheese, eggs or milk), with one caveat; it is prepared at temperatures below 118 degrees in order to preserve the natural enzymes, nutrients and the food's life-force energy.

The raw diet is ideal for those coping with diabetes, heart disease or excess weight; those desiring to slow the aging process; athletes seeking to improve their performance; in short, anyone looking for a healthy way to maintain their weight and image, live longer, be stronger, perform at their best, and get their nutrition on the right track.

Raw for Life gives the history of the raw food for health lifestyle; information for starting out on a raw food diet; and the benefits of eating raw. It discusses how the raw food diet aids in weight-loss, gives detox and cleansing information, and speaks to the nutritional and spiritual aspects of eating raw. It also gives a number of delicious recipes from leading chefs for salads, wraps, entrees, smoothies and more.