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In this stunningly original book, Richard Wrangham argues that it was cooking that caused the extraordinary transformation of our ancestors from apelike beings to Homo erectus. At the heart of *Catching Fire* lies an explosive new idea: the habit of eating cooked rather than raw food permitted the digestive tract to shrink and the human brain to grow, helped structure human society, and created the male-female division of labour. As our ancestors adapted to using fire, humans emerged as "the cooking apes". Covering everything from food-labelling and overweight pets to raw-food faddists, *Catching Fire* offers a startlingly original argument about how we came to be the social, intelligent, and sexual species we are today. "This notion is surprising, fresh and, in the hands of Richard Wrangham, utterly persuasive ... Big, new ideas do not come along often in evolution these days, but this is one." -Matt Ridley, author of *Genome*

Five years ago, popular blogger Brandi Doming of *The Vegan 8* became a vegan, overhauling the way she and her family ate after a health diagnosis for her husband. The effects have been life-changing. Her recipes rely on refreshingly short ingredient lists that are ideal for anyone new to plant-based cooking or seeking simplified, wholesome, family-friendly options for weeknight dinners. All of the recipes are dairy-free and most are oil-free, gluten-free, and nut-

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free (if not, Brandi offers suitable alternatives), and ideally tailored to meet the needs of an array of health conditions. Each of the 100 recipes uses just 8 or fewer ingredients (not including salt, pepper, or water) to create satisfying, comforting meals from breakfast to dessert that your family--even the non-vegans--will love. Try Bakery-Style Blueberry Muffins, Fool 'Em "Cream Cheese" Spinach-Artichoke Dip, Cajun Veggie and Potato Chowder, Skillet Baked Mac n' Cheese, and No-Bake Chocolate Espresso Fudge Cake.

Tasty and creative raw food delights--75 vegan recipes and a three-week diet plan Whether you're new to raw veganism or you're a real raw foodie, this is the ultimate guide for you. The 21-Day Vegan Raw Food Diet Plan combines the proven principles of veganism and raw foodism into one complete cookbook and meal plan. Using simple, everyday ingredients including nuts, seeds, sprouted whole grains, legumes, fruit, and fresh produce, you can make tons of great-tasting, plant-based recipes in minutes. From Raw Vegan Mac 'n' Cheese to Raw Mexi Chili, this essential cookbook and raw food diet plan can put you on the path to looking great and feeling great. In just a few weeks, you'll have more energy, clear skin, better digestion, and be completely satisfied--one hearty, healthy, vegan raw food meal at a time. This definitive raw food cookbook features: All-in-one--Improving your overall health is a snap with a balanced three-week meal plan that's perfect for vegan raw food fans. Delicious recipes--Mouthwatering smoothies, entrees, snacks, and desserts packed with nutrition to keep you full and healthy. No guesswork--Complete shopping lists, sample menus, and meal prep pro-tips help you save time and money on your vegan raw food journey. Go green and get uncookin' with The 21-Day Vegan Raw Food Diet Plan.

A GOOD MORNING AMERICA BOOK CLUB PICK "An intense psychological drama that will

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be embraced by serious book clubs and fans of Lionel Shriver's *We Need to Talk about Kevin*." —Kristin Hannah, #1 New York Times bestselling author "A poetic, propulsive read that set my nerves jangling." —Lisa Jewell, #1 New York Times bestselling author of *Then She Was Gone*

A tense, page-turning psychological drama about the making and breaking of a family—and a woman whose experience of motherhood is nothing at all what she hoped for—and everything she feared Blythe Connor is determined that she will be the warm, comforting mother to her new baby Violet that she herself never had. But in the thick of motherhood's exhausting early days, Blythe becomes convinced that something is wrong with her daughter—she doesn't behave like most children do. Or is it all in Blythe's head? Her husband, Fox, says she's imagining things. The more Fox dismisses her fears, the more Blythe begins to question her own sanity, and the more we begin to question what Blythe is telling us about her life as well. Then their son Sam is born—and with him, Blythe has the blissful connection she'd always imagined with her child. Even Violet seems to love her little brother. But when life as they know it is changed in an instant, the devastating fall-out forces Blythe to face the truth. *The Push* is a tour de force you will read in a sitting, an utterly immersive novel that will challenge everything you think you know about motherhood, about what we owe our children, and what it feels like when women are not believed.

The Best Raw Food Recipes to Help You Look and Feel Amazing (even if you're not fully raw)

Do you LOVE eating and hate calorie counting? What if I told you that you can lose weight, increase your energy levels, and improve your overall health without having to eat less? It's as simple as enriching your diet with fresh, raw foods (and you don't have to be perfect!). Focus on ABUNDANCE. Health does not have to be complicated! Raw food lifestyle is very flexible. It

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means that it doesn't matter if you are vegan, vegetarian, paleo, alkaline, gluten-free, or you don't follow anything at all. You can always add more raw foods into your existing diet to enjoy all the benefits (natural weight loss, healthy looking skin, unstoppable energy) you deserve. The good news is - you do not need to spend hundreds of dollars on expensive superfood fads or herbs from the other side of the world... The solution is just in front of you and it's not about following some crazy and restrictive fruit cult diet... Here's exactly what you will learn with Raw Food Diet: Exciting raw salads, soups, and creams Vegan Alkaline (raw) treats and desserts Super tasty salad dressings and salsas so that you never feel bored with raw food The best healing herbs to help you transform (and make your healthy food taste better than "normal food"). How to combine raw food with cooked food (so that you can still keep it healthy but never get bored) The most effective healing smoothies (they are so rich in nutrients that even if you have only 1 day, you will be able to level up your energy!) It's up to you if you want to go raw full-time or part-time because the raw lifestyle is very flexible. You will also discover the best raw food recipes to: Improve your digestion Sleep better Mesmerize people with your healthy-looking skin and hair Supercharge your immune system and feel energized so that you spend less time sick and more time doing things you love Ready to take revolutionize your health on a deeper level? Grab your copy today and help your body and mind feel great again! Join thousands of others in our flexible raw alkaline community and start transforming your body with the most delicious raw food recipes.

Raw food cookbook for anyone wanting to be healthier Recipes that will lead to whole beauty—you will look and feel beautiful Learn from Mimi Kirk, who is routinely taken to be at least twenty years younger than her age Everyone knows that eating well makes you feel your

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best. Mimi Kirk is living proof that eating well—ideally raw vegan food—can also make you look younger. Her raw vegan cookbook, *Live Raw*, shares 120 recipes mixed with must-have advice. She covers topics including: Detoxifying—So Gravity Won't Get You Down What You Need to Eat Every Day and Why Delicious Raw Food Recipes That Won't Scare Off Non-Vegetarians Learn how to feel and look better with Mimi Kirk and this low fat raw vegan cookbook.

I have been writing this book my entire life. From the shameful moments I hung my head in the toilet to the times I wouldn't eat for 8 days. It became normal for me to spend evenings alone bingeing on a loaf of bread and honey or a whole BBQ chicken. You will learn about my past of eating disorders, drug taking, and depression. By following the Raw till 4 Lifestyle I've finally found peace, balance, and purpose. I've overcome Irritable bowel syndrome, acne, hypothyroidism, depression and lost over 40lbs of excessive blubber. I used to jump from diet to diet and waste thousands of dollars following the terrible advice of so-called "health care professionals." I survived the starvation Bikini plans, the Paleo programme, the Keto Diet, metabolic typing, water fasting, juice feasting... you name it, I've tried it. These programmes only left me fatter and more depressed. Then I stumbled on the power of a raw food diet and fruit. Raw Till 4 combines a raw and cooked food approach to a vegan lifestyle. Over the years I woke to the realization that animals are not food and eating them is not only cruel but unnecessary and extremely unhealthy. As you will soon find out a plant-based diet is the healthiest diet for humans. This book gives you everything you need to succeed on this high carb vegan lifestyle: A 30-day meal planner, 4-week shopping list, exercise guide, over 55 color recipes, RT4 Diet Pyramid and so much more. It's time to become the healthiest,

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happiest, kick-ass person you know! BOOM! Time to go fruit yourself. ;-) By Freelee
Want To Rapidly Lose Weight And Add Years To Your Life? FINALLY! A 30 Day Diet That Will Help Detox And Revitalize Your System. Expect More Energy And A Slimmer Body. The recipes in this book have been carefully designed to start the detoxing process and are fortified with anti-oxidants that are known to slow down the aging process. Here is why you won't regret purchasing this book* Lose weight without intense workouts * Start to easily burn stubborn body fat * Finally remove inches off your waist * Learn how to live a healthy lifestyle with little effort * Learn a simple and easy workout that will be amazing for your health * Start to eat healthy and enjoy it * Add years to your life with one simple diet change * Fit into clothes you haven't been able to in years What Are You Waiting For? Change your life NOW!

They're fast. They're flavorful. And they're right at your fingertips. The 50 Best Raw Food Recipes is an appetizing selection of delicious dishes that avoid the oven but bring the taste. From Sprouted Grain Pizza to Empanadas with Jicama, there's plenty included so you can whip up satisfying and tasty snacks and meals. Enjoy! They're fast. They're flavorful. And they're right at your fingertips. The 50 Best Raw Food Recipes is an appetizing selection of delicious dishes that avoid the oven but bring the taste. From Sprouted Grain Pizza to Empanadas with Jicama, there's plenty included so you can whip up satisfying and tasty snacks and meals. Enjoy!

Sweetly Raw Desserts will show you everything you need to know about making the most delicious and nutritious raw food desserts.

Heal your body, lose excess weight, and free yourself from toxic food with this simple guide focusing on sustainable food that has "depth, spirit, and [a] breadth of information" (Rip

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Esselstyn, New York Times bestselling author). 31-Day Food Revolution is your guide to liberation from a toxic food world. Author Ocean Robbins reveals the secrets the industrialized food industry doesn't want you to know, how specific ingredients and methods could be making you sick -- and what to do about it. And he shows you how -- in just 31 days -- you can use the amazing power of delicious food to heal your gut, lose excess weight, and lower your risk for disease, all while contributing to a healthier planet. Ocean's plan includes 31 simple and affordable step-by-step actions that give you a road map to healthy, ethical, and sustainable food. He breaks it down into four parts: Detoxify: Get rid of the unhealthy foods and environmental factors making you sick. Nourish: Fuel your body with the healthy micronutrients you need to thrive. Gather: Build your community and surround yourself with supportive, positive people. Transform: YOU can be part of the solution. It's a lot easier to change the world than you imagine! You'll discover amazing secrets, such as how to stop food cravings, why nuts are one of the best snack foods, time-saving habits, and how to catch dangerous ingredients hiding in food labels. In his nonjudgmental and down-to-earth way, Ocean Robbins meets you wherever you are on your personal journey with food. Then, he provides you with tools that make it easy to eat less sugar, processed foods, and unhealthy animal products--and to happily enjoy whole plant foods, and more fair trade, local, organic, and otherwise consciously sourced fare. Ocean helps you make small improvements that lead to big results. If you want to feel better, enjoy your food more, and help sustain the planet, start reading this book today. In just 31 days you can change your health for the better. And your body will thank you for the rest of your life.

Aaron Ash, the founder of Vancouver's beloved Gorilla Food cafe, has a passion for promoting

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personal and spiritual vitality. He combines science and philosophy in his menu creations, all of which are organic, vegan and raw. Now he has created the Gorilla Food recipe book so foodies can make his delicious vegan meals at home. There are over 150 recipes of innovative meals that will satisfy vegans and non-vegans alike. Whether you're an animal rights supporter, or just love to eat delicious, healthy foods, you will be pleasantly surprised by these inventive recipes.

A landmark cookbook provides a collection of more than one hundred vegetarian recipes for dishes that emphasize the use of raw-food ingredients, accompanied by helpful tips on equipment, preparation techniques, wine pairings, and more. Reprint.

A day-by-day guide to clean, raw eating Catch the wave of health and good living with this easy and delicious 21-day raw food plan. Mimi Kirk and her daughter, Mia Kirk White, developed the plan when they decided to team up and remind themselves of the benefits of eating all raw, all the time. They needed a plan that would work with their busy schedules, with meals that would fit into a set menu, but still allow them to mix and match foods. These recipes are so good, you'll make them again and again. Raw-Vitalize includes shopping lists, make-ahead prep ideas, and tips for eating on the go.

The must-have book for FullyRaw fans or anyone who wants to explore a raw-foods vegan diet to lose weight, gain energy, and improve overall health and wellness The Fully Raw Diet offers a 21-day plan to help people enjoy a clean, plant-based, healthful approach to eating. Kristina Carrillo-Bucaram transformed her own health by eating vegetables, fruits, nuts, and seeds—100% fresh, raw, and ripe—and she is now the vivacious, uber-healthy founder of the FullyRaw brand. Her ten-year success with this lifestyle inspires thousands via social media,

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and her 21-day FullyRaw Video Challenge on YouTube in 2014 dramatically grew her fan base. This book shares her advice and will correspond to a new video challenge, with meal and exercise tips, recipes, and vivid photos. Fans will love the smoothies, salads, main dishes, and desserts, such as Lemon-Ginger Blast, Spicy Mango Basil Salad, Yellow Squash Fettuccine Alfredo, Melon Pops, and Caramel-Apple Cups.

Raw. Vegan. Not Gross. is the debut cookbook from YouTube's Tastemade star Laura Miller. 41 raw food recipes to help satisfy, comfort and celebrate with during the winter months.

Nutrition is the fastest-rising beauty trend around the world. Eat Pretty simplifies the latest science and presents a userfriendly program for gorgeous looks, at any age, that last a lifetime. Buzzwords like antioxidants, biotin, and omega-3s are explained alongside more than 85 everyday foods, each paired with their specific beauty-boosting benefit: walnuts for supple skin, radishes for strong nails. But healthful ingredients are just one aspect of beauty nutrition. Eat Pretty offers a full lifestyle makeover, exploring stress management, hormonal balance, and mindful living. Charts and lists, plus nearly 20 recipes, make for a delicious and infinitely useful ebook—in the kitchen, at the grocer, and on the go.

The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly

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gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes:

- Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare.
- Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap
- Essential plant-based pantry and equipment tips
- Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements

Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

Eat your way to better health with this New York Times bestseller on food's ability to help the body heal itself from cancer, dementia, and dozens of other avoidable diseases. Forget everything you think you know about your body and food, and discover the new science of how the body heals itself. Learn how to identify the strategies and dosages for using food to transform your resilience and health in *Eat to Beat Disease*. We have radically underestimated our body's power to transform and restore our health. Pioneering physician scientist, Dr. William Li, empowers readers by showing them the evidence behind over 200 health-boosting foods that can starve cancer, reduce your risk of dementia, and beat dozens of avoidable diseases. *Eat to Beat Disease* isn't about what foods to avoid, but rather is a life-changing guide to the

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hundreds of healing foods to add to your meals that support the body's defense systems, including: Plums Cinnamon Jasmine tea Red wine and beer Black Beans San Marzano tomatoes Olive oil Pacific oysters Cheeses like Jarlsberg, Camembert and cheddar Sourdough bread The book's plan shows you how to integrate the foods you already love into any diet or health plan to activate your body's health defense systems- Angiogenesis, Regeneration, Microbiome, DNA Protection, and Immunity-to fight cancer, diabetes, cardiovascular, neurodegenerative autoimmune diseases, and other debilitating conditions. Both informative and practical, Eat to Beat Disease explains the science of healing and prevention, the strategies for using food to actively transform health, and points the science of wellbeing and disease prevention in an exhilarating new direction.

Your fat is not your fault. Are you eating all the right things—low-fat yogurt, egg-white omelets, whole-grain bread, even tofu—but still can't lose the weight? Your favorite "diet" foods may be to blame. In this groundbreaking program, nutrition and fitness expert JJ Virgin reveals the real secret behind weight gain—food intolerance. A negative reaction to certain foods like dairy or gluten can sabotage your health by triggering inflammation and causing a host of nasty symptoms like bloating, breakouts, headaches, achy joints and—worst of all—stubborn weight gain. On The Virgin Diet, you'll eat plenty of anti-inflammatory, healing foods to reclaim your health and reset your metabolism, while avoiding the 7 foods that are most likely to cause food intolerance. You'll never feel

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hungry or deprived, and in just one week, you'll drop up to 7 pounds, lose belly bloat, gain energy, clear up inflammation and look and feel years younger. And that's just the beginning!

Thirty days of savory, comforting, salty, sweet, and healing whole foods pack this volume which is at once part recipe book, and part guidebook. These recipes, this plan, brings into your hands an easy plan to succeed eating as a raw vegan. All straight from the life of a woman now 70 pounds lighter, whose recipes have thrashed her cravings and any desire to look back at what she was before. This book contains a meal plan with shopping lists, guides for items to always have on hand, daily estimated calorie intakes, prep tips for upcoming meals and lots of new and mouthwatering raw vegan recipe ideas, including some of Lissa's most famous creations.

"100 gluten-free, vegan recipes"--Cover.

Make Undeniably Delicious and Eye-Catching Raw, Vegan and Gluten-Free Treats Emily Von Euw, creator of the popular blog This Rawsome Vegan Life, makes treats that are so phenomenal and so stunning they should be considered masterpieces. Oh yeah, and they're raw, vegan AND gluten-free. So whether you're a vegetarian, a raw vegan or even a meat-lover just looking for something healthy, new and delicious, this book has something for you. Emily's popular blog won the Vegan Woman's 2013 Vegan Food Blog Award, was named one of the Top 50 Raw Food Blogs of 2012 and is nominated for "Favorite Blog" for the 2013 VegNews Veggie Awards. Every recipe is

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accompanied by a photograph so you can see each brilliant sweet before you eat. Emily's beautiful and easy-to-make recipes, like her Peppermint Chocolate Molten Lava Cakes, S'mores Cupcakes and Go-Nuts Donuts with Frosting & Fruit Sprinkles, are so tasty that you won't even realize they're vegan. Quite simply, Rawsome Vegan Baking will wow your taste buds and impress your friends and family with new great tastes in dessert.

The most scientifically rigorous, results-driven cookbook and nutrition program on the planet, featuring over 75 recipes designed specifically to protect and enhance your amazing brain. Dean Sherzai, MD and Ayesha Sherzai, MD have spent decades studying neuro-degenerative disease as Co-Directors of the Alzheimer's Prevention Program at Loma Linda University Hospital. Together, they created and perfected a highly-intentional and specific nutrition program with one goal in mind: preventing Alzheimer's disease, dementia, and cognitive decline in their patients. The results have been astounding. It starts by implementing their "Neuro Nine" foods into your diet every single day. In just thirty days, and with the help of the clear instructions and 75+ easy and delicious meals you'll find in this book, The 30-Day Alzheimer's Solution, you can boost the power of your brain, protect it from illness, and jumpstart total body health, including weight loss and improved sensory ability and mobility. In The 30-Day Alzheimer's Solution, Dean and Ayesha offer an action-oriented cookbook for preventing disease and propelling results like improved mental agility, short- and long-term memory, sharpness, and attention. Let this be the first 30 days of the rest of your life.

The founder of L.A.'s hottest wellness boutique, Amanda Chantal Bacon offers the ultimate

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resource for foodies looking to restore their health the natural way, using functional foods to create seriously healing drinks, snacks, and sweet treats. Since Amanda Chantal Bacon founded Moon Juice in 2011, it has evolved into one of the nation's fastest growing wellness brands, and in *The Moon Juice Cookbook*, she artfully distills her powerful approach to healthy living, sharing over 75 recipes for the brand's most popular healing beverages and provisions. Amanda's recipes harness the healing properties of adaptogenic herbs, raw foods, and alkalizing ingredients to create potent drinks, snacks, and sweets that deliver a multitude of benefits, including sparked libido, glowing skin, and boosted immunity. She begins by guiding readers through the fundamentals of the Moon Juice kitchen, teaching them how to stock the larder with milks, juices, cultured foods, and "unbakery" doughs and crèmes—all of which can be mixed and matched to create nutritionally turbo-charged meals with minimal effort—and the essential time- and money-saving strategies they'll need to make their new kitchen practices stick. With recipes for healthful, delectable indulgences like Strawberry Rose Geranium Bars, Hot Sex Milk, Savory Tart with Cheese and Tomato Filling, Pulp Brownies with Salted Caramel Sauce, Yam Julius Milk, and Chocolate Chaga Donuts, *The Moon Juice Cookbook* is the stylish yet pragmatic roadmap readers need to achieve optimal wellness in a natural and delicious way.

You can have your cake and eat it too with Ani Phyo's innovative, delicious desserts. From cobblers to cookies, pies to cupcakes, Chef Ani's easy-to-make sweets are wheat-free, gluten-free, dairy-free, processed sugar-free, and cruelty-free. Deceptively simple, these treats pack loads of flavor and nutrition in every bite. Substituting these mouthwatering desserts for traditional baked ones will give your body much-needed nutrients while sacrificing none of the

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flavor. With lists of essential tools, key ingredients (including “superfoods” that enhance flavor and nutrition), full-color photos, and gorgeous design, Ani’s Raw Food Desserts proves you don’t have to sacrifice taste or style to reap the benefits of raw foods. With recipes for: Raspberry Ganache Fudge Cake, Lemon Pudding Filled Coconut Cupcakes with Shaved Coconut Topping, Mango Sorbet on Macaroon Tartlets, Chocolate Crunch Cupcakes with Molten Mint, Fig Tartlets with Frangipane Cream, Oatmeal Raisin Cookies, Mulberry Pecan Cookies, Spiced Blueberry Cobbler, Pear Ginger Crisp, Nectarine-Raspberry Crumble, and Filled Chocolate Truffles.

THE NEW YORK TIMES BESTSELLER FROM THE AUTHOR OF THE GREENPRINT AND CREATOR OF 22 DAYS NUTRITION—WITH A FOREWORD BY BEYONCÉ. A

groundbreaking plant based, vegan program designed to transform your mental, emotional, and physical health in just 22 days—includes an Introduction by Dr. Dean Ornish. Founded on the principle that it takes 21 days to make or break a habit, The 22-Day Revolution is a plant based diet designed to create lifelong habits that will empower you to live a healthier lifestyle, to lose weight, or to reverse serious health concerns. The benefits of a vegan diet cannot be overstated, as it has been proven to help prevent cancer, lower cholesterol levels, reduce the risk of heart disease, decrease blood pressure, and even reverse diabetes. As one of today’s most sought-after health experts, exercise physiologist Marco Borges has spent years helping his exclusive list of high-profile clients permanently change their lives and bodies through his innovative methods. Celebrities from Beyoncé, Jay-Z, Jennifer Lopez, and Pharrell Williams, to Gloria Estefan and Shakira have all turned to him for his expertise. Beyoncé is such an avid supporter that she’s partnered with Borges to launch 22 Days Nutrition, his plant-based home

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delivery meal service. Now, for the first time, Borges unveils his coveted and revolutionary manifesto, featuring the comprehensive fundamentals of starting a plant-based diet. Inside, you'll find motivating strategies, benefits and tips for staying the course, delicious recipes, and a detailed 22-day meal plan. With this program, you will lead a healthier, more energetic, and more productive life—helping you to live the life you want, not just the one you have.

A collection of more than seventy mouthwatering comfort food recipes using nutrient-rich, raw ingredients—a healthy, affordable, and accessible alternative to familiar processed and packaged foods. Can spinach really taste like chocolate ice cream? YES! Just try Stacy Stowers's Happy Shake—cupfuls of nourishing greens, plus a dash of raw cacao, a big handful of blueberries, and a few other delicious fixings that you can blend up every morning and enjoy with a spoon! Stacy travels the country teaching families like yours how to add more whole, raw, unprocessed foods into their diets in the simplest, most satisfying way possible. Her clients soon discover they stop eating out of bags, bottles, cans, and boxes—and start feeling healthier, lighter, and more energetic. Eating raw is easier and tastier than you think. The gift of Stacy's approach is that it's not about becoming a "raw foodist" or joining some food religion; it's about adding foods that will make you thrive. What are the potential benefits of eating raw? Weight loss and management, more energy, relief from chronic pain and allergies, better moods, and a younger appearance—to name just a few! From Stacy's comforting and crispy Cheatos and enticing Rainbow Fajitas, to her rich, delectable Chocolate Macaroon Fudge Bars, her more than 70 recipes will give you and your family an irresistible nutritional boost.

Sylvia O'Mara has spent the last four years trying to get over her high school sweetheart, who, after breaking off their relationship, left town without any reasons. With the help of her friends

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she has moved on and started dating a mysterious bad boy. She isn't happy, but she's content; until she meets the new neighbor. Quinn Lobato has recently moved to Minneapolis to finish college close to his parents. His mother found the perfect apartment for him close to campus and assured him it has everything he needs. Quinn has had his own hurtful past and is looking forward to starting medical school and a new life. Little do they know that what they each need is waiting just across the hall.

Eighty delicious, healthful, and diverse vegan breakfasts to plant-ify your mornings Breakfast is a key part of a balanced and nourished day—but for vegans it can also be the hardest meal to enjoy. Traditional breakfast fare is often loaded with animal products, leaving few options besides fruit and basic grains. But with *The Ultimate Vegan Breakfast Book*, vegans will have a new reason to say “good morning” thanks to these satisfying, nutritious, and flavorful recipes to start every day, whether you're looking for something . . . Fast: Unwrap a Breakfast Burrito with mushroom and chickpea “scramble,” or spoon up some ‘Nana Nice Cream with overnight oats for concentrated energy on the go. Filling: Boost your workouts with Power Waffles, Breakfast Sausage, Tempeh Bacon, and mini Breakfast Burgers. Fresh: Relax and greet the sun with a tropical Green Smoothie Bowl, or sip your way to a healthy glow with the Super Antioxidant Shake. Fun: Wow your brunch guests with Glazed Baked Donuts and Pesto Bread, and whip up batches of fresh nut butters and jams for a treat any time of day! With this comprehensive guide to all things breakfast, plant lovers have a whole new reason to savor mornings. “Everyone wants to be healthier and have more energy, especially in the morning. These scrumptious vegan recipes are a delicious way to achieve both, your way, at the breakfast table. Nadine and Jörg make it easy and fun to have mornings that not only taste

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good, but make us feel great.” —Jennifer Iserloh, author of *The Healing Slow Cooker*

The instant *New York Times*, *USA Today*, and *Publisher's Weekly* bestseller *A bold new plant-based plan that challenges popular keto and paleo diets*, from an award-winning gastroenterologist. The benefits of restrictive diets like paleo and keto have been touted for more than a decade, but as renowned gastroenterologist Dr. Will Bulsiewicz, or "Dr. B," illuminates in this groundbreaking book, the explosion of studies on the microbiome makes it abundantly clear that elimination diets are in fact hazardous to our health. What studies clearly now show--and what Dr. B preaches with his patients--is that gut health is the key to boosting our metabolism, balancing our hormones, and taming the inflammation that causes a host of diseases. And the scientifically proven way to fuel our guts is with dietary fiber from an abundant variety of colorful plants. Forget about the fiber your grandmother used to take--the cutting-edge science on fiber is incredibly exciting. As Dr. B explains, fiber energizes our gut microbes to create powerhouse postbiotics called short-chain fatty acids (SCFAs) that are essential to our health. SCFAs are scientifically proven to promote weight loss, repair leaky gut, strengthen the microbiome, optimize the immune system, reduce food sensitivities, lower cholesterol, reverse type 2 diabetes, improve brain function, and even prevent cancer. Restrictive fad diets starve the gut of the critical fiber we need, weaken the microbes, and make our system vulnerable. As a former junk-food junkie, Dr. B knows firsthand the power of fiber to dramatically transform our health. The good news is that our guts can be trained. Fiber-rich, real foods--with fruits, vegetables, whole grains, seeds, nuts, and legumes--start working quickly and maintain your long-term health, promote weight loss, and allow you to thrive and feel great from the inside out. With a 28-day jumpstart program with menus and more than 65

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recipes, along with essential advice on food sensitivities, Fiber Fueled offers the blueprint to start turbocharging your gut for lifelong health today.

For too long, the beauty and diet industry have convinced women that the secret to beauty is in purchasing makeup products and participating in dangerous diets. Certified Raw Food Nutrition Educator, Bella Payne, challenges this notion. Instead of wasting money on products and starving yourself with diets that don't work, you can transform your beauty just by eating more fresh fruits and vegetables. To put it simply, you can lose weight and get clear, glowing skin by eating an abundance of healthy, delicious food! STRAIGHT FROM THE SOIL provides the secrets to a more beautiful you. Enjoy over 50 delicious recipes you will want to make over and over again. These life-changing recipes will provide you large amounts of nutrients every single day, changing the way you feel and look. Eat your beauty foods today! Eating fruits and raw vegetables will help you: * Grow thicker and shinier hair* Grow stronger nails* Make your skin glow* Lose weight easily* Increase energy* Sleep better* Improve your mood* Boost your libido About the author: Bella Payne has been making delicious plant based food for over twenty years. At the age of 34, she was diagnosed with high blood pressure. Defying her doctor's orders to begin daily prescription medication, she opted to try a 100% raw plant based diet for thirty days. Not only did her blood pressure return to normal, she lost twenty-five pounds, the premature lines on her face disappeared, her hair became stronger, and she was gifted with energy levels she hadn't

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experienced since childhood. Today, Bella teaches people how to eat a healthy, whole food plant based diet. Her recipes are colorful, creative, nutrient-dense, and delicious. A collection of 117 recipes including no-fat, low-fat and higher fat options for anyone looking at including more plant-based options in their diets. Dips, dressings, sauces, salsas, condiments, and toppings. Raw, plant-based, vegan, gluten, grain and oil-free ideas for healthy salad enhancement.

Create fresh mouthwatering raw vegan dips, sauces, dressings, tonics, and smoothies from simple ripe whole-food ingredients. Enjoy 34 fresh and quick recipes (a combination of new and classic) and take away extremely doable tips and tricks for: * Mindset shifts* Planning for success* Journaling* Food combining* Sprouting* Intermittent fasting, * And dealing with detoxPowered By Plants will walk you through some of the most challenging aspects of becoming a raw vegan and maintaining healthy habits. Fueled by her own experience and personal transformation, health advocate, and raw vegan lifestyle champion TannyRaw (Tanny Murphy) has inspired hundreds of thousands of followers and fans on Youtube and Instagram with her daily doses of life, love, dance, and juicy power-packed raw recipes. She has written and published 11 recipe books, developed a highly sought after 4-week immersive Raw Reset Program, and coaches hundreds of women around the world. After shedding 86 pounds and healing acne, arthritis, hypoglycemia, brain fog, candida, leaky gut, and Lupus from a healthy raw vegan diet, Tanny continues to document her personal

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success while engaging with and coaching those who want to transform their health. Getting an abundance of fresh fruits and vegetables into the family lifestyle has never been so quick, delicious and simple! This book is excellent for busy individuals and families who desire easy-to-prepare and easy-to-digest raw vegan recipes - simple enough that the kids will love to create them. *Select from 115 yummy raw vegan recipes. *Learn which raw foods are healthful and which are best to avoid. *Enjoy recipes made with no more than 4 or 5 ingredients, prepared with standard kitchen equipment. *Benefit from Karen's 20 years of raw vegan family experience as well as many of her superb tips for creating vibrant children and happy healthy families. Here's what you'll find inside Raw Vegan Recipe Fun for Families: 115 Easy Recipes and Health Tips for Energetic Living: *Articles and Health Tips for Families *Juices *Green Smoothies *Milk *Cereals *Dressings, Sauces, Salsas and Marinades *Dips and Pates *Simple Appetizers and Raw Finger Foods *Simple Raw Soups *Main Dishes and Salads *Party Food *Additional Reading including a Food-Combining Chart, 9 Tips to Get Children to Eat Their Fruits and Vegetables, Natural Home Remedies for the Health-Conscious Family, All about Nuts and much more. (Be sure to check out Karen's groundbreaking book, Creating Healthy Children: Through Attachment Parenting and Raw Foods, and her Teleconference titled Raw Nutrition for Children and Teenagers at <http://superhealthychildren.com>. Creating Healthy Children is also available on Amazon Kindle. Follow Karen Ranzi and Super Healthy Children at <http://>

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<http://www.SuperHealthyChildren.com> and <http://www.youtube.com/SuperHealthyChildren> and <http://www.facebook.com/CreatingHealthyChildren>

The Detox Miracle Sourcebook shows you how to cleanse your body of the poisons that are destroying your health, and start the process of complete cellular regeneration that leads to true healing. Based on 30 years of clinical experience, treating thousands of people with conditions ranging from OVERWEIGHT to CANCER, Dr. Robert Morse reveals his ultimate healing system – the Detox Miracle! • Covers the A-Z of Detoxification, including: Why do it? When to do it? What to expect? How it works, and how long it takes. • Explains the uses of specific raw foods and herbs for cleansing and healing every organ, system, and unbalanced condition in the body. • Details the interface of body, mind and soul in the achievement of lifelong health. • Presents the Detox Miracle Diet, and how to adapt it for life. • Includes dozens of easy-to-use References: lists of herbs, herbal formulas, properties of foods, minerals, phytochemicals, and cell salts, etc.; along with raw food recipes; a detailed Index; broad-based Resource Guide; and extensive Glossary and Bibliography. ONE THING I KNOW about Dr. Morse is that he has walked his talk. This amazing book leads you step-by-step through every facet of detoxification and vitality building. A treasure chest of information for the beginner and the advanced health-seeker alike. -David Wolfe, CEO:www.rawfood.com, author of The Sunfood Diet Success System and Eating for Beauty. EXTREMELY PRACTICAL; a most informative tool. Helping others to help

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themselves through education provides a lasting impression upon their overall health. What better way to serve the Lord than to educate the masses. -Gary L. Axley, N.M.D., D.O.; president of Southern College of Naturopathic Medicine. CAREFULLY RESEARCHED. A “must” for the professional practitioner as well as for the layperson. Destined to become a classic. -Donald Vesser Bodeen, D.C., Ph.D. I HAVE USED DR.MORSE’S program and his herbs with many cases over the years, and with great success. This method is the real healing method for today and the future. -William Christner, N.D., C.M. THE STUDY OF THIS BOOK will be a spiritual, mental, and physical blessing for complete body health. Thank you, Dr. Morse, for a wonderful book! -Dr. Ed David, N.D., Health Education Center. Natural Health \$29.95 HOHM PRESS The Detox Miracle Sourcebook MORSE
A NEW YORK TIMES BESTSELLER A Good Morning America, FabFitFun, and Marie Claire Book Club Pick “In Five Years is as clever as it is moving, the rare read-in-one-sitting novel you won’t forget.” —Chloe Benjamin, New York Times bestselling author of The Immortalists ?Perfect for fans of Me Before You and One Day—a striking, powerful, and moving love story following an ambitious lawyer who experiences an astonishing vision that could change her life forever. Where do you see yourself in five years? Dannie Kohan lives her life by the numbers. She is nothing like her lifelong best friend—the wild, whimsical, believes-in-fate Bella. Her meticulous planning seems to have paid off after she nails the most important job interview of her career and accepts

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her boyfriend's marriage proposal in one fell swoop, falling asleep completely content. But when she awakens, she's suddenly in a different apartment, with a different ring on her finger, and beside a very different man. Dannie spends one hour exactly five years in the future before she wakes again in her own home on the brink of midnight—but it is one hour she cannot shake. In *Five Years* is an unforgettable love story, but it is not the one you're expecting.

Mars presents historical data and scientific evidence confirming the efficacy of a raw foods diet, and provides more than 200 kitchen-tested recipes.

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