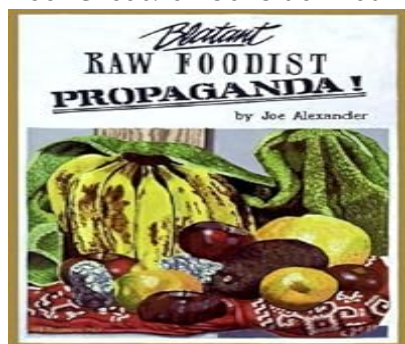


Blatant Raw Foodist Propaganda: Or Sell Your Stove to the Junkman and Feel Great! or Consider Your True Nature By Joe Alexander :

Blatant Raw Foodist propagandaire

What a surprise sometimes I would forget I was reading a book published in 1990 (or even before) the author was so up-to-date with so many themes. **Blatant Raw Foodist propagandaator** Probably one of the best books on raw food diet (and so many more related subjects) I have read written in an intelligent and funny manner. **Blatant Raw Foodist propagandaator** Joe Alexander You have to admire anyone who uses the term New Age unselfconsciously. **Blatant Raw Foodist propagandafeet** I picked up this book at a used bookstore in 2006 because I wanted to nudge myself toward raw foods, **Blatant Raw Foodist propagandaire** Despite the kookiness I guess in a way this book was successful because his enthusiasm is adding to my motivation to go raw. **Blatant Raw Foodist propagandafeet**)I did appreciate chapter 3 Some notable raw foodists and their teachings for some historical perspective that can be lacking in the more recent books (this one dates from 1990). **Blatant Raw Foodist propagandaator** In particular I will attempt to check out the book Raw Eating by Arshavir Ter Hovannessian and the work of Arnold Ehert whom Alexander describes as enthusiastic, **Blatant Raw Foodist propagandaapparat** And how could I pass up Viktoras Kulvinskas's book Survival into the 21st Century which Alexander says has become an all-time New Age classic: **Blatant Raw Foodist propagandaator** interesting perspective on raw foodism unlike any other's i've encountered, **Blatant Raw Foodist propagandaator** Joe Alexander I am 100% behind raw foodism but this was not the greatest book: **Blatant Raw Foodist propagandaator** If you want info on Raw Foodism you are much better off watching Dan McDonald's Life Regenerator videos on youtube: **Blatant Raw Foodist propagandacop** Joe Alexander There are dozens and hundreds of diets and books on diet and diet experts and ideas on diet in circulation today, **Blatant Raw Foodist propagandaator** Most people live on an omnivorous diet that is anything that is possible to chew up and swallow and live long enough to tell about they will eat, **Blatant Raw Foodist propagandaator** Raw foodists maintain that only uncooked foods are fit to be eaten that cooked food is the cause of virtually all disease and is always harmful to some extent, **Blatant Raw Foodist propagandaator** A cooked-food eater will if he or she adopts a raw food diet come to feel lighter more energetic and just happier about being alive, **Blatant Raw Foodist propagandaa** Blatant Raw Foodist Propaganda: Or Sell Your Stove to the Junkman and Feel Great! or Consider Your True Nature



. A very enjoyable read. Heck I had raw lasagna for lunch. (Yummy. Joe Alexander the title says it all. Joe Alexander It's what the title says it is