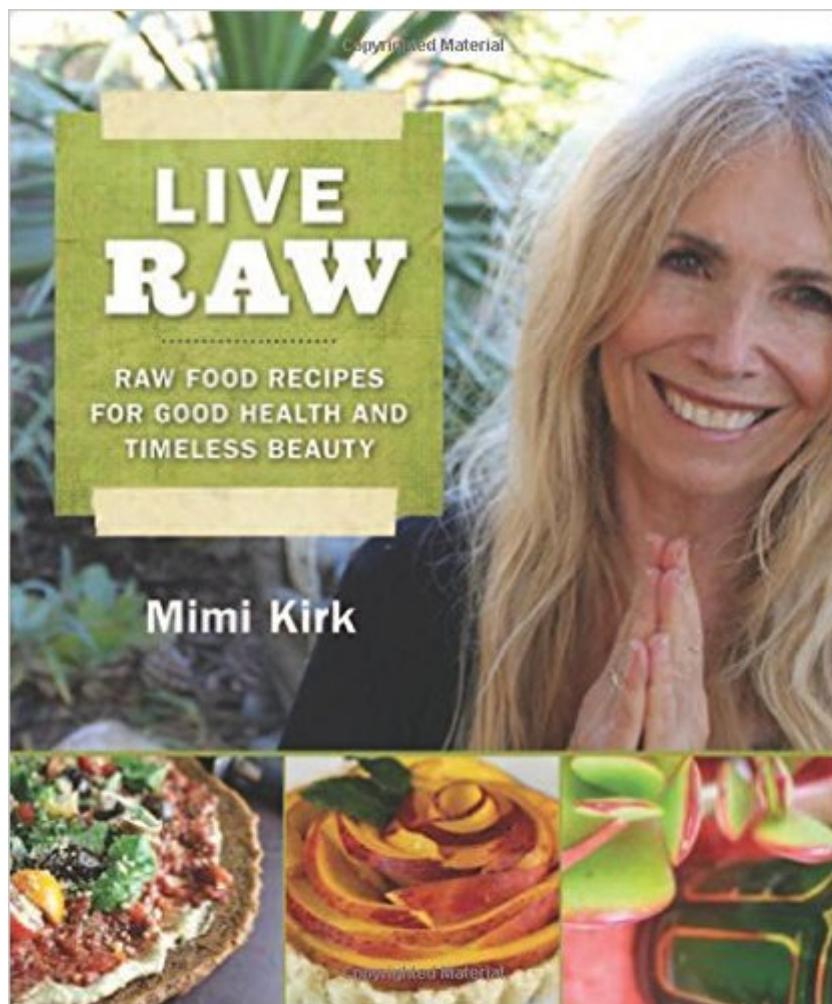


The book was found

Live Raw: Raw Food Recipes For Good Health And Timeless Beauty



Synopsis

Everyone knows that eating well makes you feel good, but Mimi Kirk is living proof that eating wellâ "ideally raw vegan foodâ "can make you look amazing. Sheâ ™s routinely taken to be at least twenty years younger than her age. Live Raw offers 120 recipes sprinkled with must-have advice, including such topics as: Detoxifyingâ "So Gravity Wonâ ™t Get You Down: A detoxifying program to rid your body of dangerous toxinsâ "drop weight in the process and experience an abundance of energy. What You Need to Eat Every Day, and Why: An easy-to-read chart of the foods your body needs daily, what vitamins they contain, and what part of the body they compliment and nourish. Delicious Raw Food Recipes That Wonâ ™t Scare Off Non- Vegetarians: Stuffed Portobello Mushrooms with Basil Pesto, Pomodoro Lasagna, Lemony Cheesecake, and more. Learn how to feel better and look better with Mimi Kirk in this engaging, one-of-a-kind guide.

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Customer Reviews

I ate a very processed classic meat, bread and potatoes diet growing up and got the majority of my vegetables from cans. Therefore, I found it hard to change to a healthier and what seemed to be less convenient diet lifestyle. Then I got a wake up call from a cancer diagnosis. It is my understanding that 80% of what causes a lot of forms of cancer is your environment. That would include what you eat and drink as well as many other factors. That empowers me and I feel very blessed that there are people like Mimi willing to share recipes to help people wanting to make the

changes that will empower us to live a healthier life. As a result of my health situation I have a lot of books on eating better, but only two others that I enjoy as much as Live Raw. The hardest things to give up, for me at least, are cheese, snacks and sweet treats. Mimi does a great job of presenting recipes for replacements for the things that are hardest for me to give up. I never intended to go completely raw, or vegan for that matter, but with Mimi's help I feel like I may be very close to making the change to a mostly raw diet. Please note that she does go on a rant about why she doesn't eat meat, but even though I may never give up eating meat completely I took the information as a learning experience and not a preaching experience. I don't think she means it to make you conform to her way, but wants to be sure to give the most complete information on why she believes eating raw is healthier. After all the research I have done on eating healthy I feel like her information is good and in keeping with other information out there. I have tried several of the recipes and love them.

The author is inspiring, but the book itself is just "meh". It's very pretty with lots of pictures and high quality paper, but that's about it for the "pros". As for the "cons": 1) A lot of typos and errors. Lately, I've been encountering this a lot with books, and it's unbelievably irritating! I could understand a couple of typos (although, in a published book, there shouldn't be any), but this book had more than a couple. How hard is it to get a couple of people to carefully read your book before you start selling it? One example, that is fresh in my head - one of the recipes says "1 corn kernel". I'm assuming it's 1 cup, but who knows? It seems like some recipes that she meant to include have been omitted. There's a section with suggestions for filling ingredients for sushi that mentions some recipes that are nowhere in the book. Either they've been erroneously omitted, or why would you mention a recipe and then not include it in the book? Very frustrating! 2) The book calls for a lot of uncommon ingredients. There are similar recipes in other cookbooks (or online) without these, so apparently they're not even necessary in most cases. Firstly, I think that discourages beginners from trying these recipes. Secondly, it may not be a problem for those who are lucky to live close to a specialty store, but most people have to order them online. These ingredients are expensive (especially when you add in the shipping), and seeing how even the basic raw diet is pretty expensive, I haven't tried as many recipes from this book as I would've liked to, because of the cost of the ingredients. 3) Some recipes I've tried from this book are just not good. (And I've never been a picky eater.

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