



Live Raw: Raw Food Recipes for Good Health and Timeless Beauty

Mimi Kirk

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Everyone knows that eating well makes you feel good, but Mimi Kirk is living proof that eating well—ideally raw vegan food—can make you look amazing. She’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:

- **Detoxifying—So Gravity Won’t Get You Down:** A detoxifying program to rid your body of dangerous toxins—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 Won’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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Agnes Henson:

Playing with family within a park, coming to see the coastal world or hanging out with buddies is thing that usually you could have done when you have spare time, then why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Live Raw: Raw Food Recipes for Good Health and Timeless Beauty, you are able to enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh can occur its mind hangout men. What? Still don't understand it, oh come on its named reading friends.

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