

The Sunfood Cuisine: A Gourmet Guide to Raw-food Vegan Eating, 2002, 259 pages, FrГ©dГ©ric Patenaude, 0965353389, 9780965353380, Genesis 1:29 Pub., 2002

Everyone is aware of the important health benefits of eating raw fruits and vegetables with their nutrients, anti-oxidants, and cancer-fighting properties. But few have learned the fine art of their preparation. This guide shows you how to prepare delicious soups, salads, dressings, nut milks, pies, puddings, pasta, and other meals, using the healthiest ingredients that Nature provides. Put some life on your plate, it's what The Sunfood Cuisine is all about! Book jacket.

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Raw Food Controversies How to Avoid Common Mistakes That May Sabotage Your Health, A Personal Journey, Frederic Patenaude, 2011, Health & Fitness, 425 pages. The Biggest Raw Food Controversies Finally Exposed and Debunked. Discover How to Increase Energy, Strengthen Digestion and Avoid Dangerous Deficiencies. Frederic Patenaude.

How to Grow More Vegetables And Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible on Less Land Than You Can Imagine, John Jeavons, 2002, Gardening, 240 pages. How to grow more vegetables: and fruits, nuts, berries, grains, and other crops than you ever thought possible on less land than you can imagine..

Naked Chocolate The Astonishing Truth about the World's Greatest Food, David Wolfe, Shazzie, 2005, Cooking, 248 pages. David Wolfe and Shazzie present a spirited and unconventional history, "materia medica," and recipe book for the world's most pleasurable food: chocolate. This book describes.

Raw Soups, Salads and Smoothies Simple Recipes for Everyday Health, Frederic Patenaude, Dec 27, 2011, Cooking, 52 pages. "Raw Soups, Salads and Smoothies" contains delicious raw food recipes that are both tasty and simple to prepare. In addition to the recipes, you will also find useful and.

High Raw A Simple Approach to Eating, Health and Saving the Planet, Kevin M. Gianni, 2009, Health, 150 pages. .

The Raw Life Becoming Natural in an Unnatural World, Paul Nison, 2004, Cooking, 349 pages. .

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Raw , Charlie Trotter, Roxanne Klein, 2003, Cooking, 215 pages. Provides a collection of vegan recipes for dishes that are cooked below 118Г° Fahrenheit..

Seasonal Eating A Step-By-Step Guide, Gail Duff, Jan 1, 1999, Cooking, 64 pages. An introduction to maximizing the nutritional benefits of food by using fresh produce in season. By eating foods in their natural season, we also become more aware of nature's.

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If Love Were All... The Story of Frances Stevenson and David Lloyd George, John Campbell, Jun 7, 2007, Great Britain, 576 pages. In the summer of 1911 David Lloyd George, then Chancellor of the Exchequer, hired a young schoolteacher called Frances Stevenson to tutor his daughter in the summer holidays

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Advances in optical data storage technology 8-10 November, 2004, Beijing, China, Duanyi Xu, Kees A. Schouhamer Immink, Keiji Shikano, Zhongguo guang xue xue hui, Australian Optical Society, Jan 31, 2005, Computers, 460 pages. Proceedings of SPIE present the original research papers presented at SPIE conferences and other high-quality conferences in the broad-ranging fields of optics and photonics

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The Physician as a business man, or how to obtain the best financial results in the practice of medicine , John Jay Taylor, 1892, Medical fees, 144 pages

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The Civic Web Online Politics and Democratic Values, David M. Anderson, Michael Cornfield, 2003, Political Science, 220 pages. Political web sites and e-mail lists were novelties in 1996. By 2000, they were a news trend. By 2004, they will be a part of every electoral and policy campaign. News-seekers download

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