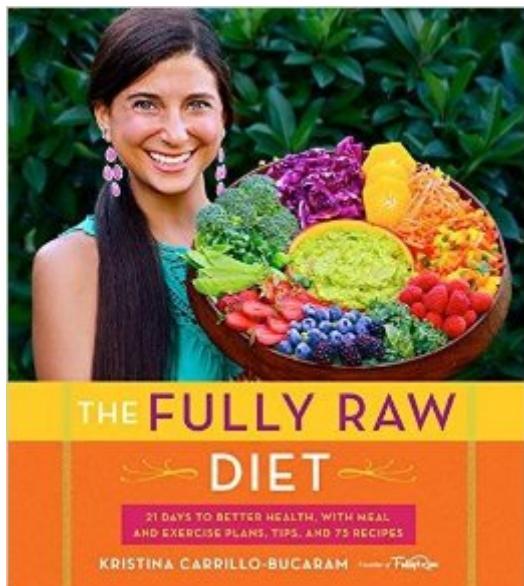


The book was found

The Fully Raw Diet: 21 Days To Better Health, With Meal And Exercise Plans, Tips, And 75 Recipes



Synopsis

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, 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.

Book Information

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Best Sellers Rank: #2,843 in Books (See Top 100 in Books) #1 in Books > Cookbooks, Food & Wine > Cooking Methods > Raw #6 in Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian #6 in Books > Cookbooks, Food & Wine > Beverages & Wine > Juices & Smoothies

Customer Reviews

Super Sweet Pink Smoothie from The Fully Raw Diet Makes about 1 quart (32 fluid ounces) This smoothie is a love bomb! Whether you are on the go, coming back from a workout, or simply just enjoying the day, this amazing elixir is one of the easiest and most delicious smoothies you can make. It's fun and fast, and it's filled with electrolytes and simple sugars to keep you fueled and smiling. Not to mention that its warm sunset hues croon; love! Whether it is because of how much you love this smoothie or how good you will feel after you drink it, I know that

you will cherish it! Calories: 450; Benefits: endless! Equipment - Sharp chopping knife - Cutting board - High-speed blender, such as Vitamix. - 32-ounce Mason jar or large glass for drinking, preferably chilled. Here's What You Do Have all of your ingredients well chilled. Put all ingredients in the blender and blend until smooth, starting on the slowest speed and gradually working up to the fastest. Blend on the highest speed until the mixture is uniformly smooth and the sound of the blender is high pitched and steady. Reduce the speed of the blender to the lowest setting before turning it off. Drink immediately, or refrigerate for up to 4 hours in a tightly closed container. Shake before serving. Here's What You Need 2 to 3 cups (depending on desired thickness) fresh young coconut water (from 2 to 3 young coconuts), or store-bought raw coconut water 1/2 a pineapple (about 12 ounces), leaves and rind removed, cored and cut in chunks 2 to 3 blood oranges (or juice oranges), peeled, seeded, and cut in chunks 2 cups fresh strawberries, with greens (I never remove the greens from strawberries, provided they are fresh and firm. Strawberry leaf is said to relieve gastrointestinal problems and joint pain.)

So many times we try to heal ourselves through other means without ever taking a deep look at what we consume on a daily basis. I for one was so naive to believe that my diet could never be responsible for my sickness. I am 27 years old and in March, I will have been diagnosed with Lupus Nephritis for 13 years now. In December 2014, I hit the lowest point of my health when I had to undergo emergency dialysis and prepare for a kidney transplant, all while doing chemotherapy in the mean time. I was sick and tired of it all: all the drugs (10-15 pills a day), all the chemotherapy (four times a month), and all the doctor's visits and hospital stays. I had been following Kristina for a while on Instagram and had participated in one of her 21-day challenges and I knew that eating fresh, raw, unprocessed, fruits and vegetables are good for you but I was too scared and unwilling to make the jump. With her cheery motivation and upbeat spirit, constantly giving me ideas on how to eat "Fully Raw" meals daily, I took the plunge. As of August 2015, I am vegetarian and I consume 1-2 fully raw meals a day. I told my doctor that I will not be doing chemotherapy anymore and I will not be taking my 13 year long daily drug cocktail. I told my doctor that I want to see if I can eat myself to better health and after almost 6 months of this lifestyle, I have never been healthier and my body is starting to heal itself (the proof is shown in monthly blood work and doctor's visits). Kristina's lifestyle is not a fad. Eating real fruits and vegetables is something that we should be doing but oh, how we forget to do something as simple as that. I stopped making excuses and started picking up the right things to eat. As a first generation Cambodian-American, my culture's cuisine is riddled with high-salt and fermented (rotten) food. I don't eat those foods anymore but

thats alright. In fact, my family have started to adopt some of my eating habits as most of our family all take some form of high blood pressure medicine. Do what the book says. You don't have to go fully raw all day long but start out with one meal (my personal favorite Kristina is your "Love Smoothie" and "Fully Raw Pad Thai"). Instead of reaching out for a box of unhealthy snacks, grab an apple or make some guacamole with dip-able veggies. There are a million ways to eat Fully Raw. Its our job to take care of this body we were given. As a young woman whose life was taken over by a terrible disease at the age of 13, you will never see me go back to the way I once lived. Thank you Kristina. My self and my kidneys are grateful for having discovered and adopting you and your lifestyle.*Pictures show my weight fluctuation due to kidney failure, hospital stays, dialysis, and what I currently look like in a before and after photo. I've definitely come a long way with this diet. =)*

While Kristina's recipes look beautiful and are great at inspiring ones to transition to a Live Foods Diet, promising a Vitamix blender to the person who leaves the best positive review is a very shady practice and makes it hard to gauge which reviews are sincere and which ones are just hyped up because of the incentive. #fullyrawbook*** EXCERPT FROM KRISTINA'S EMAIL SENT JANUARY 5, 2016 ***AND...as an added bonus for YOU, my friends, who have helped to support me throughout this process and who have supported me by purchasing the book, I am doing an incredible giveaway just for you! For the next week, I am doing a giveaway to THREE people who write the BEST review! I will announce the winners via private email and this public email list Wednesday January 13th. The 3 prizes for the giveaway are the following: * A FREE Vitamix Blender* A FREE 21-DAY Juice Cleanse (U.S. only)* A FREE Pass to One of My Book Launch Events

KRISTINA!!!! I have been following you for about 3 years now going on 4. And all I can say is thank you for being you. Seriously! I stumbled across you on YouTube a few years ago while I was looking for juice recipes for my new nutribullet. And i got hooked! You inspired me to go fully raw. One day being a devoted carnivore, to being fully raw and never looking back. I was diagnosed with type 2 diabetes 4 years ago. When I was 20 years young! After being fully raw for a couple of months I went to get a check up on my diabetes with a blood test. The results were out of this world Kristina...I actually cured my diabetes. Yes CURED my diabetes after following and using a lot of your delicious recipes. I'm crying as I'm typing this! And lost 60 plus lbs! I left you a comment a couple years back on IG about it but I don't know if you read it. All I want is to be able to tell you

thank you for helping me save my life. You are an amazing, talented, beautiful, young lady! And I thank god for letting me stumble across your youtube. I love you girl! And I can't wait till I receive this amazing book in my hands!!!!

I am super excited about this new book "The Fully Raw Diet". This is exactly what people need to awaken and begin to live the lives they deserve. I have no doubt that this book will change the lives of many people who never imagined a better quality of life. The same way these recipes changed my life almost 4 years ago when I accidentally stumbled upon Kristina's recipes. Recipes so delicious that even my 14 year old daughter and her friends enjoy them. I am proud to be a owner of this book and for as long as I live I will continue to spread the word about Kristina and her "Fully Raw Diet". I'm looking and feeling better than ever and I owe it all to Kristina who taught me that where there is a will there is a way. Me 75lbs lighter diabetes free, perfect thyroid. Tears of joy.

I have been following Kristina for three years and lost over one hundred pounds. I no longer have to take high blood presser medication. I was in a losing battle until I started following Kristina. I had my thyroid removed and was gaining weight like crazy. By following her and her raw diet my energy was at it all time high. I started working out taking dance classes and then 100 pound gone before I knew it. My skin, hair and nails are beautiful. I just love what Kristina represents. I could not wait to get this book. It's beautiful and have many good recipes.

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