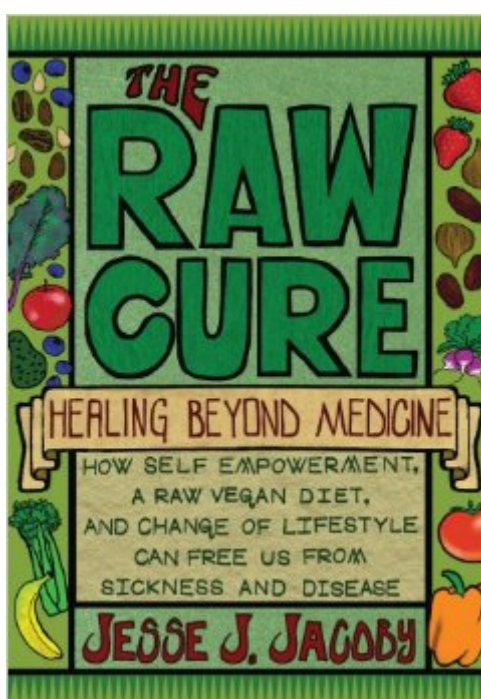


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# **The Raw Cure: Healing Beyond Medicine: How Self-empowerment, A Raw Vegan Diet, And Change Of Lifestyle Can Free Us From Sickness And Disease.**



## Synopsis

People are finally catching on. There is no way around the fact that the consumption of meat, eggs, the variety of products made from dairy, and foods containing toxic chemicals and refined ingredients trigger the most common diseases afflicting humans. While we remain fearful of nuclear accidents, wars, floods, fires, tornadoes, typhoons, hurricanes, earthquakes, and car crashes, the truth is that the vast majority of people in commercialized civilization are more likely to die from the symptoms resulting from their dependence on prescription drugs, living a toxic lifestyle, and making poor dietary choices. Chief among those bad choices are eating meat, dairy, eggs, refined and fatty foods, and foods containing synthetic chemicals. Meat, eggs, and dairy products are not ideal food sources for humans. We have simply been lied to by the multi-billion-dollar industries that are responsible for producing these low-quality foods, as they continue to profit from products that are the result of the mass-breeding, mistreatment, and killing of harmless, sentient beings that can feel pain just as much as we can. The truth is that eating meat, dairy, eggs, and refined and chemically-altered foods is deleterious to our health. The common degenerative and chronic diseases we are afflicted with today are directly linked with the food choices we make. By eating more raw fruits and vegetables, removing animal products and junk foods from our diet, and making healthier lifestyle choices we will soon find that we no longer need the vast amount of what we call 'healthcare'. We will drastically reduce the costs associated with surgery and our dependence on toxic, synthetic chemical drugs. Incidence of heart attacks, strokes, diabetes, arthritis, cancer, and obesity will plunge, and we and Earth will be much healthier. Rather than choosing to be ignorant of the truth, it is time for us to take back our health, empower ourselves, gain compassion, and quit contributing to these acts of cruelty we call 'animal farming'. Doing so will greatly reduce our use of fossil fuels that are destroying life on Earth. Using medical studies, and reliable scientific research, the author provides strong evidence that the link between nutrition and disease is more paramount than we once believed it to be. This book exposes the truth, and will guide you on your journey to take back your health.

## Book Information

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## Customer Reviews

I have become a dedicated and profound fan of the detailed, well researched, unique, and proven dietetic cures and advice that Jesse contributes at no charge on his Facebook Group called "The Raw Cure." ([...]) He is an amazing human being and anyone who follows him has come to know this in very short order. Now he has compiled a book of his unique, food intake oriented cures for disease, discomfort, and ailments and it is nothing short of phenomenal. It's indexed well and covers such a wide range of subjects that everything of interest is covered. I could not find gaps even though I'm sure there must be some. He writes in an easy to comprehend style but slides into nutritional science-speak so effortlessly that I find myself finally understanding the underlying reasons why my body behaves like it does for the first time. He leaves no contention unsupported and his bibliography offers the concrete foundation that many readers will probably want. My wife and I have been raw vegans for a number of years now and have experienced healing miracles, one after the other, without completely understanding why these wonderful things were happening to us. Now we have plausible science-based explanations and this is the first book we've found (believe me, we have accumulated quite a library) that offers easy to assimilate explanations that remove any lingering doubt. I give this book my highest recommendation to anyone who is having a physical problem that modern medicine has failed to solve. I also recommend it to anyone who has any curiosity about the effect that diet has on their physical well-being. This book satiated the raw vegan vet in myself but I have given several of these to my colleagues who are new to the concept that food intake influences human health and they have found it just as much of a captivating and rewarding read as I did.

Hello Jesse! I am sure you get 100's of messages all the time, but I really had to send you one for myself! I am a 16 year old girl from New Zealand, the biggest meat and dairy exporting country in the world, I have been brought up on a farm eating meat for nearly every dinner and having all kinds

of cheese, milk, yoghurt and other animal byproducts. I was always taught that meat and dairy were extremely good for me, and in all of the food courses at school, we are still being taught that we need 1-2 servings of dairy and 1-2 servings of meat DAILY. Along with this we are also taught that we need 4-6 servings of carbohydrates including pastas, white rice, bread etc. I have always had an extremely active lifestyle, I am a marathon runner and I take part in sports such as hockey and basket ball, but I noticed in my diet, whenever I ate meat or any dairy, I became so bloated and felt so sick. I have always carried a little extra weight around the top of my thighs and I never FELT HEALTHY. I knew there was something wrong with my diet and the way I was eating, whenever I ate raw fruits and vegetables, I had a flat stomach and was bursting with energy and concentration at school. This was when I started to do a little research. I looked into the true power of fruits and vegetables and watched all the documentaries about food and the standard American diet that we have been pushed into thinking is okay and healthy. I was so greatly passionate that there was a greater lifestyle that I could be living. I made a life changing decision to purchase your book off , along with a couple of others that would help me with my wisdom of my diet. Can I just say thank you. Thank you for your book. Thank you for time and effort putting it all together. You have COMPLETELY INSPIRED ME AND CHANGED MY LIFE FOR AS LONG AS I WILL LIVE. I can't even describe to you how important your book is to me, its like my second bible. I can now happily say that I have made the transition to a completely FULLY RAW VEGAN DIET, and I never want to go back. Thank you for catching me so young and changing my eating habits before I came into a routine. I have started to empower other girls at school, teaching them about the REAL food that we should be eating. My hair is longer and shinier. My teeth are whiter, my skin is clearer and more vibrant, I have lost weight. I have gained a direction. I want to do very similar things to you, I want to empower people to make the transition to raw vegan and inspire people the same way you have inspired me. You and Kristina Carillo- Bucarum, have completely changed my life. I have more friends who love me for my positive attitude, I am getting higher marks in school. I AM HEALTHY I haven't been sick all winter. I could keep going on and on and on, but I just want to say thank you. Please keep up your amazing work of changing peoples lives and one day in the future I would love to meet you. My goal is to receive a message like this from someone else, to feel as though I can provide wisdom and help to lead our world from complete destruction. A complete ban on factory farming and animal cruelty. To stop the deforestation and to change the diets and lives of as many people as possible. Thank you for your hard work, please continue to touch the lives of others the same way you have touched mine, Stay vibrant and healthy! Annabel xx

I have in the past few years moved closer toward a raw food lifestyle (still working on it!) and have been looking for a book that was complete and a good reference for information (scouring the internet can be helpful but is also scattered sometimes). I was looking forward to reading this book but after having done so, I am very disappointed. While there is a lot of helpful information in the book, it is presented in an amateurish, unprofessional, and chaotic way. The book is in need of serious editing and reorganizing, and while writing with an individual voice is always good, the book feels incredibly negative, condescending, and is a downer - rather than being uplifting as I hoped it would be. I understand the author's desire to wake people up to the unhealthy lifestyles that are very pervasive in modern society, but there has to be a more professional and positive way of doing it. I expect that only those people who are already well on their way toward the path of a raw/living food lifestyle will fully appreciate this book. While I don't doubt the author's personal knowledge and experience, I think the book should be seriously edited and maybe republished as a new edition.

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Raw and Simple: Eat Well and Live Radiantly with 100 Truly Quick and Easy Recipes for the Raw Food Lifestyle The Everything Wheat-Free Diet Cookbook: Simple, Healthy Recipes for Your Wheat-Free Lifestyle Vegan Freak: Being Vegan in a Non-Vegan World (Tofu Hound Press) Kristen Suzanne's EASY Raw Vegan Holidays: Delicious & Easy Raw Food Recipes for Parties & Fun at Halloween, Thanksgiving, Christmas, and the Holiday Season Kristen Suzanne's EASY Raw Vegan Dehydrating: Delicious & Easy Raw Food Recipes for Dehydrating Fruits, Vegetables, Nuts, Seeds, Pancakes, Crackers, Breads, Granola, Bars & Wraps Mastering the Power of Self-hypnosis: A Practical Guide to Self Empowerment Juicing for Health: The Essential Guide To Healing Common Diseases with Proven Juicing Recipes and Staying Healthy For Life (Juicing Recipes, Juicing ... Foods, Cancer Cure, Diabetes Cure, Blending) Dr. Jonathan V. Wright's Nutrition & Healing (The skin cancer cure... yes, cure... that works every time, Volume 14 Number 5) The Gluten-Free Vegan: 150 Delicious Gluten-Free, Animal-Free Recipes

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