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your way from the depths of uncertainty in health - through the maze of crazed food labe...

## **Living The Raw Live Vegan Lifestyle - Finally Eat More and ...**

Vegan for 25+ years, Zakhah shows you that living a healthy lifestyle is flavorful, fun & easy through health coaching and

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cooking classes. Zakhah is the author of the award-winning, best-selling book The Joy of Living Live: A Raw Food Journey.

## **The Joy of Living Live: A Raw Food Journey**

The benefits of going raw-vegan are boundless. Rawfoods are easy to digest, and they provide the maximum amount

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of energy with minimal bodily effort. Studies have shown that living foods have healing powers that can alleviate many illnesses such as low energy, allergies, digestive disorders, weak immune system, high cholesterol, candida, obesity and weight problems (weight normalization), etc..

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## **Raw Food Plant-Based Diet: Living Foods Diet - HappyCow Nutrition**

Live Live & Organic is the premier store for organic, raw, gluten-free, plant-based health products and skin care.

## **Organic, Vegan, Plant-Based Living - live live & organic™**

Raw food, while important to help our

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physical bodies live better and longer lives, will mean nothing once we die. These incredible bodies will eventually degrade regardless of how we feed them. Do you know for certain what happens when your life ends?

## **LIVING RAW BY GRACE - Home**

"Food is absolutely delicious! Who knew

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that raw vegan food could taste so good! You will most likely be waiting awhile for your order, but it's well worth the wait. Your body will appreciate this good healthy food." - Miss-Annie T.

### **All Live Food - Raw & Vegan Foods**

The latest vegan news and plant based recipes and resources - worldwide.

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Including topics on food, health, sustainable living and cruelty-free beauty and fashion.

## **LIVEKINDLY | The Latest in Vegan & Plant Based News Stories**

Raw, Organic & Sprouted Nuts from Living Nutz are the highest quality snacks in the health food marketplace

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since 2002! Large selection of raw and sprouted nuts at great prices! Industry leader in sprouted and flavored nuts. Certified organic!

## **Living Nutz - Organic, Raw, Sprouted Nuts~plain & flavored ...**

A 100% plant-based blog sharing healthy recipes, useful tips and tricks,



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and inspiration to help you live a raw vegan living lifestyle successfully.

## **Raw Vegan Living Blog | A 100% plant-based blog sharing ...**

Laura Christine Sainz is the CEO & Founder of Live Vegan Vibrantly, a transformational and healthy lifestyle coaching company that provides

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integrative medicinal practices and holistic services to teach, train, educate, and empower individuals to successfully thrive a healthy whole-food, plant-based lifestyle while living meaningful, passionate lives.

## **Live Vegan Vibrantly**

At Living Raw We source the highest

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quality ingredients from ethical farms around the world to bring you super creamy and supremely satisfying Treats. Our 100% organic truffles are lovingly prepared at low temperatures to preserve precious enzymes, vitamins and antioxidants.

**Living Raw - Official Website**

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Of course, raw vegan diets, or a fruit-based diet as they might be described, involve an abundance of fresh and crispy salads, smoothies, juices and soups, but there's an endless list of recipes for dishes fit for royalty, like raw enchiladas, strawberry shortcake pies and even a bacon lettuce and tomato sandwich. Check out my raw books guide for some

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seriously mouthwatering recipe books  
you ...

## **How to start a raw vegan lifestyle - Berry Abundant Life**

Easy, peasy, raw pumpkin pie. A little forethought with dehydrating, but most of my food is fresh fruits and vegetables. Delicious, fun, energy-producing, and

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easy. My new motto was given to me by a Marine that I'm coaching to eat healthier: "Adapt, Improvise, Conquer." That's how I help people get healthier and how I live my life.

### **Camping While Raw Vegan - LIVING RAW BY GRACE**

The latest vegan news, recipes, nutrition

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advice and information about veganism from Vegan Food & Living magazine – the UK's best-selling vegan magazine.

## **Vegan Food & Living | The UK's Best-Selling Vegan Magazine**

RAW: The UNcook book - gourmet raw cuisine! 228 pages of color pictures and recipes right out of the FAMOUS San

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Francisco Raw Restaurant! by Juliano

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Recipe Books at the bookstore

## **vegan recipes and vegetarian recipes - living and raw ...**

Living and Raw Foodists believe in  
eating only an UNCOOKED, UNHEATED,



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UNPROCESSED and ORGANIC plant based diet. What is a Living Foodist or Raw Foodist? A person who eats 75% or more living/raw food.. The more, the better. Optimally one should eat as 100% raw and living foods if it feels right for them. Is a 100% living and raw food diet best?

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## **Living and Raw Foods: The Living and Raw Foods F.A.Q.**

A wide range of vegan supplements, for optimum health. Enjoy FREE Next Day delivery on orders over £99 (Mainland UK - Weekdays only) Phone Orders: +44(0)1803 658989

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