



Raw Food and Health

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The Raw Food Classic by the Founder of the Raw Food Movement The classic Raw Food Bible that No Raw foodist should be without. re-typeset from the 1927 original in 2008 “Longevity should be the rule and not the exception.” Dr. Estes is the father of Raw Foods, Disease Prevention and Life Extension. His massive work belongs in the home of EVERY raw foodist, EVERY health-conscious person, and everyone looking for the anti-aging formula. One of his favorite slogans is ‘How to live 150 years’ and he illustrates exactly how. He described himself as the cripple who rebuild himself, and practiced what he preached. He and his wife, (who collaborated with him on this great work) had 8 raw children. But beware- this book does not pull any punches, it lays health on the line and makes no apology for being straight forward and ‘telling it like it is’. If you could have only ONE book for your RAW library, this is it. I have written 8 books about Health and the raw food diet. Of all the books I've quoted this one the most. There is a reason for that. Dr. Estes knew more about health, disease and diet, than most people ever will. If you want to learn just how terrible a low quality diet effects our body, read this book.....Paul Nison Author, Speaker and Raw Food Chef
www.Paulnison.com, www.Rawlife.com

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