



# Recipes for Life: Healthy Diets to Try: Raw Foods and Wheat Free

*Kelly Hulin*

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## **Recipes for Life: Healthy Diets to Try: Raw Foods and Wheat Free Kelly Hulin**

Recipes for Life Healthy Diets to Try: Raw Foods and Wheat Free Two healthy alternative diets are combined in this this amazing cookbook. Learn the benefits of "rawism", the growing trend of consuming uncooked and unprocessed foods. Section two further explains why wheat-free diets are also important. Sensitivities to grains can cause a host of gastrointestinal problems. Healthy recipes that enhance the flavour of natural fruits, vegetables, sauces, and bread, show you how these diets are anything but boring. Find recipes for breakfast, lunch and dinner, plus different wheat-free alternative food recipes. By using these healthy recipes for life, it is possible to decrease the desire for sweets, improve digestion and lower blood sugar levels. Weight loss is an added benefit, when fatty foods, preservatives, and flavour enhancing chemicals, are removed from cooking recipes. Studies have shown that by eating raw recipes, and going wheat-free, you also stand a much better chance of beating Celiac disease. Pudding, waffles, bagels and tasty crepes line up as a few of the breakfast cooking recipes, while pizza, manicotti, wraps, and other scrumptious dinner recipes, show you how to deliver great looking, and delicious meals. Find out the benefits of using a food dehydrator and creative ways to replace wheat products. You could be allergic to wheat products and never realize it. Learn the negative signs and how to replace wheat with healthy substitutes. Some scientists and raw food advocates believe that cooking decreases the amount of nutritional value, offered in many of the foods we eat. If you have always wondered what all the buzz is, in regard to a raw food diet, find the answers in this great eBook, featuring two separate cookbooks for selecting the right foods, preparing simple recipes and discovering a healthier way of life.

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