



# The Greatest Raw Food Recipes In History: Boost Your Energy & Feel Amazing With These Delicious Recipes

*Christopher P. Martin*

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Raw food means food which is not treated in any form but only consumed in the raw form. Just don't need to worry about the taste because food in the raw form can also be made delicious in taste, can make people say "Just another bite". Generally speaking food gives lot of energy both in the physically and mentally. In cooked food there are less vitamins, minerals, enzymes and antioxidants. The body requires these nutrients to digest food efficiently. The more efficient the digestion more is the energy to the body. In the raw food the nutrients are abundantly available for the body to become more efficient and healthy. One can think better, work better without any prejudice from 'inside' the body.

Raw food, fresh fruits and vegetables, consumed regularly, even once as a meal every day reaps rich benefits. The advantages for raw food consumptions are abundant. To name a few, greater than before energy, radiant skin, sparkling hair, curbing overweight, youthful looks, enhanced eye vision, intelligibility of thinking, speedy attentiveness, improved memory, ability of innate detoxification of body, better sleep, healthier digestion, sturdy immune system, tough arrangement of conviction and hopefulness.

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