



# Rawsome!

*Brigitte A.H.G. Mars*

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## **Rawsome!** Brigitte A.H.G. Mars

Eating food closest to its natural state engenders a tremendous exchange of energy between food and body. The result, over time, is a feeling of buoyant, radiant health. Brigitte Mars presents evidence that confirms the efficacy of the raw foods diet. In addition, she points out the environmental benefits of the raw food diet, making the most of agricultural practice, and reducing the human footprint on the earth.

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