



## Eat More Raw: A Guide to Health and Sustainability (Paperback)

By Steve Charter

Hyden House Ltd, United Kingdom, 2004. Paperback. Book Condition: New. 206 x 148 mm. Language: N/A. Brand New Book. Eat More Raw will help you with all the basics of eating and growing more raw foods, and addresses both personal and planetary health. Steve Charter presents the practicalities, philosophy and nutritional facts about raw foods. He describes how to live a low impact lifestyle in harmony with nature and ourselves; how to grow our own food indoors and out; permaculture design; how to forage wild foods for free; and exciting recipes for healthy eating. There's plenty of inspiration here for everyone seeking to live a healthier, more ecological and happier life. So take responsibility for your own health, and reduce your dependency on the global food processing, packaging, and the drug and illness industries. With a smile on your face, and friends by your side, join the raw revolution now!.

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