



## **Living Foods for Optimum Health: Staying Healthy in an Unhealthy World by Clement, Brian R, Digerorino, Theresa Foy (1998) Paperback**

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Did you know that what you eat could be making you sick? It's true. Some foods clog your body with energy-depleting fats, toxins, and chemicals. Where can you find the optimum nourishment your body needs to stay strong, healthy, and vigorous? For millions of people, the answer is in the health and healing properties of living foods-foods that are eaten raw and produced without dangerous, nutrient-robbing chemicals or additives. For more than forty years, the Hippocrates Health Institute has been teaching people how to cleanse and heal their bodies with naturally potent living foods. In this book, the first-ever sponsored by the Institute, authors Brian R. Clement and Theresa Foy DiGeronimo explain why living foods are vital to good health and offer a sensible plan for making the switch to a living foods diet. With step-by-step instructions, lifestyle suggestions, and more than 100 healthful, delicious recipes, Living Foods for Optimum Health provides everything you need to take control of your health and well-being.



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