

**RAW LIVING: DETOX YOUR LIFE AND EAT THE HIGH
ENERGY WAY**

Elayne Q. Jovel

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Raw Living : Kate Wood :

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This toxic wheat contains a protein called gliadin which is an opiate which stimulates appetite and causes obesity. Laura Lamont. Keep reading to see what else you'll. Choose Two or Three Starchy Foods From Below To Accompany Your Salad: Potatoes red, baked beans, pumpkin, squash, gluten free bread, gluten free pasta, lentils, quinoa, sweet potatoes, rice brown or wild chick peas, beets, or cauliflower. The Real Food Diet Cookbook. Continue shopping.

On a personal note, my wife Pam and I have found that when we go to a raw restaurant Kits. Consider your dental work Silver-colored fillings are usually made with a mercury amalgam, which may break down over time.