

# Your Right To Be Beautiful The Miracle Of Raw Foods

**Jennifer Mac** 

## Your Right To Be Beautiful The Miracle Of Raw Foods:

heights

Your Right to Be Beautiful Tonya Zavasta, 2003 Your Right to Be Beautiful Tonya Zavasta, 2003 **Ouantum Eating** Tonya Zavasta, 2007-10 **Beautiful on Raw** Tonya Zavasta, 2005 Raw Food and Hot Yoga Tonya Zavasta, 2009 **Feed Your Body, Feed Your Soul** Ara Wiseman, 2014-10-02 Wholesome food has healing properties and when we purify our diet a number of healing reactions may begin to arise from unresolved past experiences and strong emotions These emotions get stored in our organs and connective tissue as emotional scar tissue creating energy blockages that lead to pain In Feed Your Body Feed Your Soul author Ara Wiseman outlines how eating the right amount of pure nutritious food can help begin to release and eliminate these unresolved emotions we have stored and carry around with us Our bodies are very forgiving and when we stop our harmful habits and behaviors and replace them with healthier ones nature can give us a whole new opportunity for a wondrous life Somewhere deep inside we all yearn for emotional balance and hope to find peace with the most fundamental necessity of lifeour nourishment Between the covers of this book Ara shows us how In her book Feed Your Body Feed Your Soul Ara Wiseman gives us an intimate glimpse into her own journey towards wholeness She provides the essential building blocks for good nutritive practices but more importantly places this useful information into a wholistic context In the process of developing her themes Ara provides liberal sprinklings of philosophical spices and condiments to enliven the dish These quotations aphorisms and affirmations from mystics and spiritual philosophers inspire us to take a loving look at ourselves and give us the courage to choose a nourishing and healing path Dr Anthony Godfrey PhD ND author of Deep Immunity Ara Wiseman has written a multi dimensional book that not only shows us the way to excellent physical health but also the process of wholeness in relationships Highly recommended John Randolph Price bestselling author and chairman of the Ouartus Foundation **Liquid Raw** Lisa Montgomery, 2011-12-13 Discover new ways to eat and stick to a raw foods diet with this healthy cookbook full of recipes for smoothies milks and soups If you re just starting out in the raw lifestyle or have been a raw foodie for years Liquid Raw is your source for fun and exciting meal ideas Liquid foods are often easier to prepare and digest providing the perfect transition for those beginning a raw diet For those experienced in the raw foods lifestyle Liquid Raw offers a new twist on many staples as well as inspiration to keep your diet interesting With a variety of juices smoothies dressings soups and milks Liquid Raw offers excellent raw food recipes that are sure to please Some of the over 125 refreshing and creative recipes featured include Green Smoothie Strawberry Choco Nanna Smoothie Un Egg Nog Almond Milk Chocolate Cherry Shake Ruby Rejuvenating Juice Lemon Zucchini Bisque Moroccan Tomato Ginger Soup Strawberry Mango Pudding Chocolate Mousse and much more Packed with lots of practical and helpful information Liquid Raw also includes Guide to the health benefits of a raw diet An introduction to juicing Tips for finding the perfect juicer and blender With unique and exciting raw recipes Liquid Raw is sure to bring your raw diet to new

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