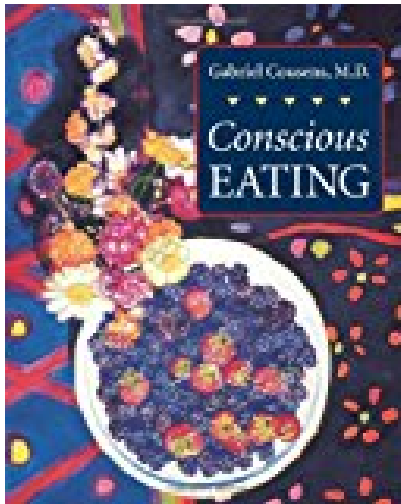


Conscious Eating



BOOK DETAILS

- Author : Gabriel Cousens M.D.
- Pages : 880 Pages
- Publisher : North Atlantic Books
- Language : English
- ISBN : 1556432852

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BOOK SYNOPSIS

Conscious Eating has been referred to as the "Bible of Vegetarians," for both beginners and advanced students of health. This classic work in the field of live-food nutrition is an inspirational journey and a manual for life. Included is new information on enzymes, vegetarian nutrition for pregnancy, and an innovative international 14-day menu of gourmet, Kosher, vegetarian, live-food cuisine, plus 150 recipes.

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