



# **The Healthy Raw Food Diet: Advice and Recipes to Energize, Dehydrate, Lose Weight, and Feel Great**

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The raw food movement has swept the nation with its emphasis on eating tasty vegetables that greatly improve your health. The secret to this diet is in not only what you eat, but also how it is prepared, with raw ingredients retaining their healthy nutrients and enzymes a lot better than their cooked counterparts. *The Healthy Raw Food Diet* provides instructions on how to safely cook your meals at 104 degrees and lower without sacrificing money, time, or flavor.

Beautiful photographs accompany recipes that are not only good for you but are delicious as well. Susanne Roth also teaches you how to sprout your vegetables and nuts for added nutritional value and how to take into consideration sleep, emotions and stress level when it comes to what you are eating. *The Healthy Raw Food Diet* is the perfect gateway into a healthier, happier lifestyle.

Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerk, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a *New York Times* bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.



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