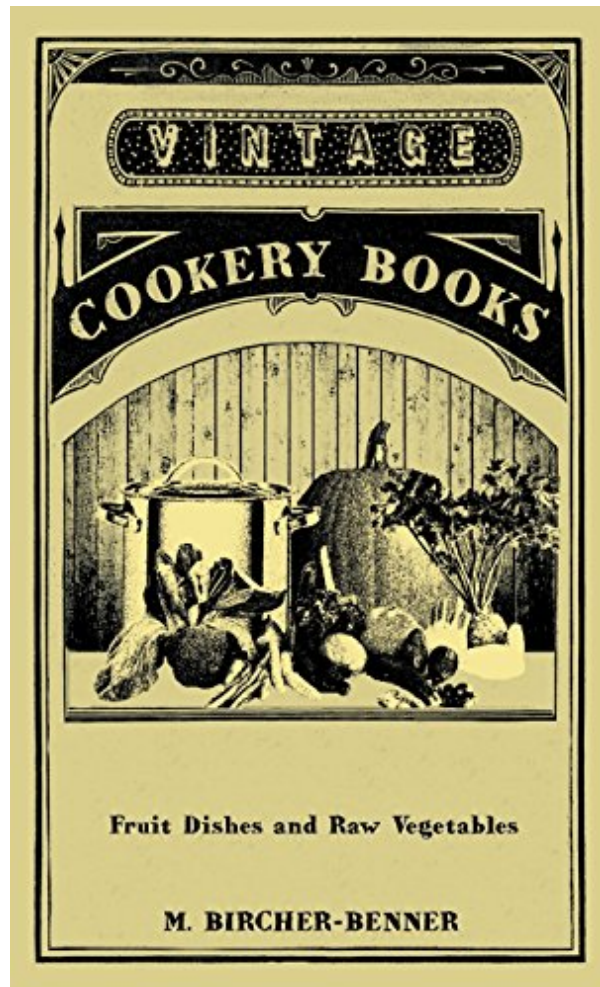
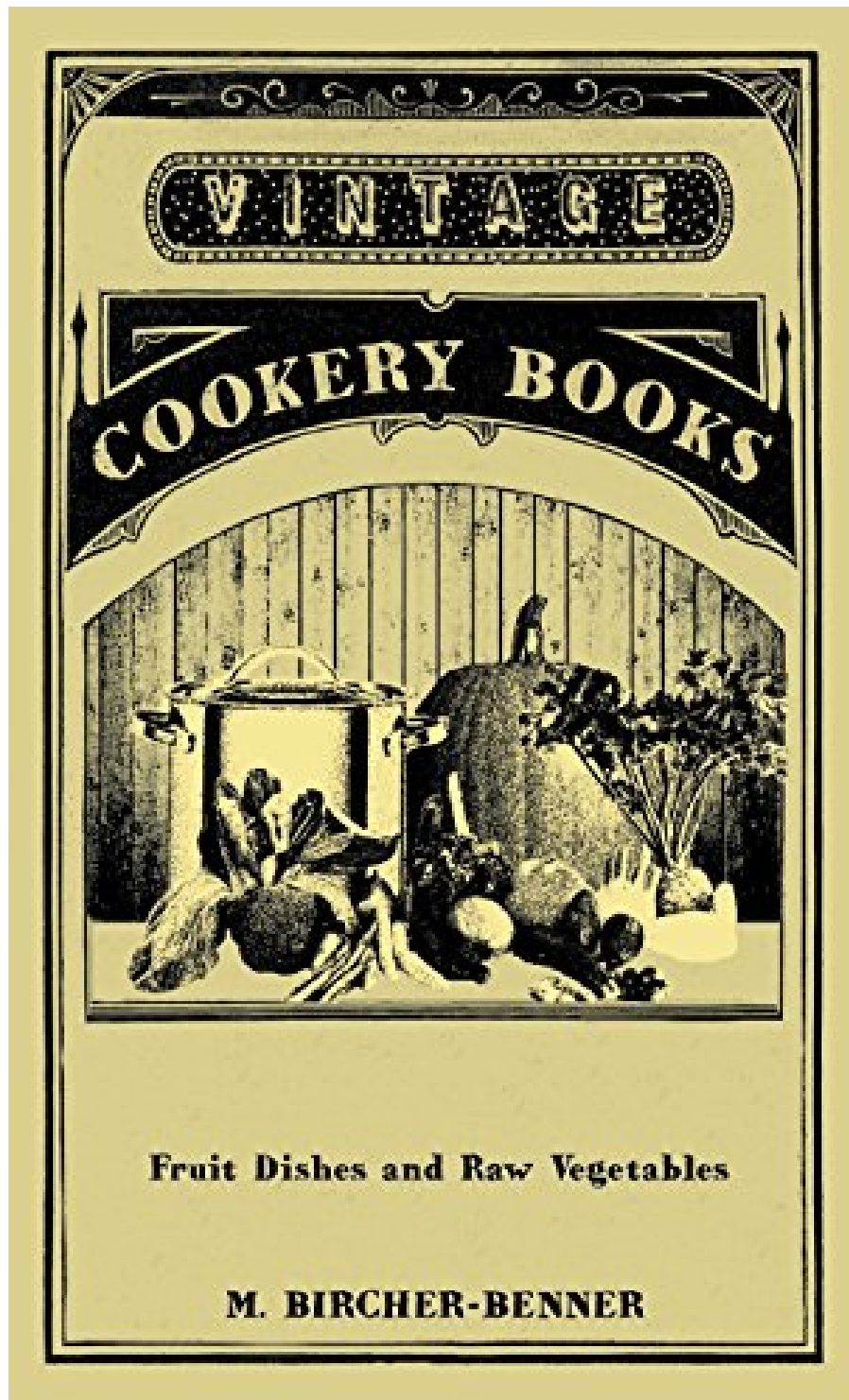


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This early work is a comprehensive guide to eating raw food that is thoroughly recommended for inclusion on the shelf of anyone interested in the link between diet and health. Contents Include: Introductory; The Preparation of Uncooked Food; Foodstuffs; Recipes of Uncooked Dishes; and Examples of Diet Days. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

- Sales Rank: #6902414 in Books
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