



# **The Live Food Factor: A Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet**

*Susan E. Schenck*

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## **The Live Food Factor: A Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet**

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The Live Food Factor is the first comprehensive guide to not only the raw food diet, but also the raw food movement itself. This diet is sweeping America as people discover its power to not only make a body lean, but also keep disease at bay and bolster the immune system to heal from what are typically considered "incurable" diseases. Everyone who eats should read this book!

This 520-page book contains four sections. Section one entails the benefits of raw and includes a chapter that details ten good reasons to stop cooking, as well as 17 personal testimonials. Section two has the science and includes not only why raw food helps the body heal (as Hippocrates said, "Let food be thy medicine") but also over 50 published studies demonstrating the superiority of an uncooked diet, and in many cases, the toxicity of a cooked one. This is a book that can be presented to the most skeptic of all. Section three informs the reader of the history and modern day leaders of the raw food movement. Section four is a complete "how-to" manual. It tells you how to go raw and what to expect. It also includes 13 common pitfalls of beginning raw fooders as well as discussion of 16 controversial nutritional issues and answers 27 of the most frequently asked questions. In Chapter 15 there are also over 60 raw recipes: gourmet dishes such as raw desserts, entrees, soups, etc. The appendices document how the food and drug companies keep us ignorant of true health. It also summarizes radical branches of the raw food movement (such as the raw meat eaters). In the back of the book is a useful resource section for raw gourmet foods, kitchen devices, raw restaurants, and doctors/healing centers familiar with the program.

This book won first place in the Independent Publisher's Awards (IPPY) as "The Most Progressive Health Book of the Year

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