



# **"Eat to Thrive" Recipe Collection: 10 Weeks to Life Long Healthy Eating & Healthy Living**

*Susan Baxter*

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Betsy Bragg, a Hippocrates Institute certified health educator, teaches children and adults about the benefits of a vegan, living, enzyme-rich diet. This book is a compilation of living-food recipes that were prepared by participants in her "Eat to Thrive—10 Weeks to Life Long Healthy Habits & Healthy Living" 2013 winter program. Each week students were inspired by Betsy and many other advocates of a plant-based lifestyle, and then through their own research and creativity, they shared their personal versions of living-food recipes. This book has both original recipes and adaptations of recipes from many renowned chefs who espouse the benefits of a raw-vegan diet that is optimal for overall health and wellbeing. With an old comfy church-recipe-book style, this is a happy collection of recipes for the modern living-food vegan. Containing contributions from novices to more seasoned raw-food practitioners, this is a nice introduction to a variety of recipes that just as easily inspire one to "make something simple" as to "show off and feed their inner artist."

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A lot of people always spent all their free time to vacation as well as go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity this is look different you can read any book. It is really fun for you. If you enjoy the book that you simply read you can spent 24 hours a day to reading a reserve. The book "Eat to Thrive" Recipe Collection: 10 Weeks to Life Long Healthy Eating & Healthy Living it is rather good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to develop this book you can buy the actual e-book. You can m0ore easily to read this book from your smart phone. The price is not very costly but this book offers high quality.

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