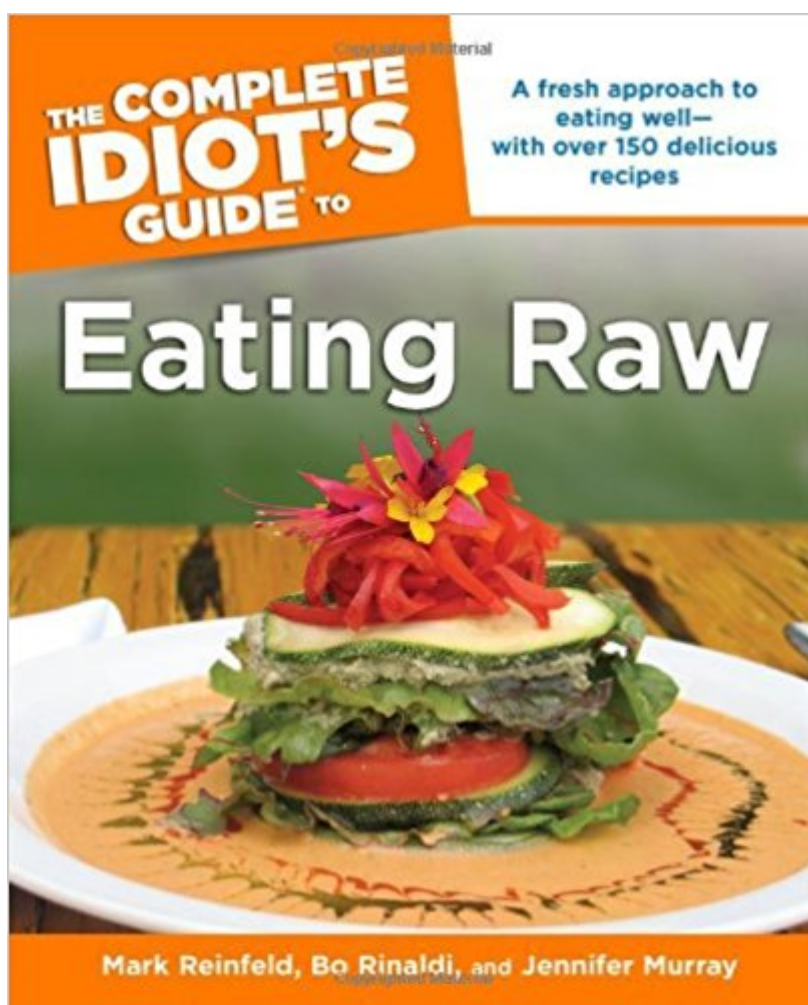


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# The Complete Idiot's Guide To Eating Raw (Complete Idiot's Guides (Lifestyle Paperback))



## Synopsis

A raw food diet is a purely healthy diet. More people than ever are turning to a raw food diet. In this guide, readers will find the secrets to raw food weight loss; how raw foods can heal the body and boost energy and enthusiasm; information on the anti-aging properties of raw food; and 100+ recipes that show how raw foods can be combined into delectable meals. Fully explains the benefits of this increasingly popular diet choice, plus presents a mini cookbook that gets readers started on their new regimen; Recently published studies indicate that rheumatoid and fibromyalgia patients, who number in the millions, can benefit from an uncooked vegan diet rich in antioxidants, lactobacilli, and fiber

## Book Information

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## Customer Reviews

I've seen a lot of raw foods books over the years, but none has left me so impressed. Erik Marcus Recipes so good you may want to eat this book. Woody Harrelson, actor The Complete Idiot's Guide® to Eating Raw is ideal for anyone looking to seamlessly adopt eating habits that will benefit overall health and boost athletic performance. Brendan Brazier, pro Ironman triathlete and best-selling author of The Thrive Diet I love this book! Now we know that raw foods are able to take complete idiots and turn them into total geniuses! Great recipes! Wow! David Wolfe, author of The Sunfood Diet Success System and Eating for Beauty.

Mark Reinfeld is the founding chef of the Blossoming Lotus Restaurant, which won Honolulu's Advertiser's 2006 Ilima Award for "Best Restaurant of Kauai"; Reinfeld won the 2006 Platinum Carrot Award for living foods, given to the top "Healthy Gourmet Chefs" in the country, and his cookbook *Vegan World Fusion Cuisine* has won nine national awards. Bo Rinaldi is a vegan, herbalist, and vegan cook, and co-authored *Vegan Fusion* with Mark Reinfeld.

I've got 3 other raw food books. I like this one the best. Not a lot of hype. I appreciate that. It is written for idiots...begins by explaining the benefits of going raw. I'd been raw for a month prior to reading this book, but the motivation to continue was good. Step by step instructions for soaking and sprouting methods (easy to follow chart included). I was too timid to attempt this process til I read this book. Way easy. My kitchen is sproutin' right now. Recipes with easy to find ingredients is important. I've got to prepare food for 5 s.a.d. enthusiasts so I don't have a lot of time or cash to fool around with. This book's got the recipes I can use. The live oatmeal recipe was easy to prepare and delish! It touches a couple of times on this or that being gluten free, which is vital for me. It clued me into nama shoyu...major gluten goin' on. Thanks, it sucks to have a recipe picked out and find out at the grocery store while reading a label that I can't have that specific thing. So, I run around putting the other ingredients back on the shelf coz that recipe's a wash! Another thing, *Idiot's Guide* tells you exactly what needs to be soaked for any given recipe. I ruined a recipe from another book because it didn't tell me to soak \$12.00 worth of almonds. I had to go on YouTube to watch other people explain it before one of them finally mentioned that they needed to be soaked. I was bummed. This book helps me not screw things up. *Idiot's Guide* has great insider tips on kitchen appliances...wish I'd have read this before I bought my dehydrator, blender, food processor, and juicer. The dehydrator to buy is the Excalibur. The hours it saves in dehydrating time due to its design is crazy! Now I'm bummed with my cheap Walmart one. There are a lot of chip, cracker, and bread recipes I can't make very well without the good dehydrator. The recipes are found in other books not just this one, so it's not a negative against this book. The dehydrating chart is helpful, as well. I like how *Idiot's Guide* explains why you have increased temps at the beginning of some dehydrations and not others, and why it is still considered raw at these temps. Also, a Champion brand juicer is the one recommended by all raw foodists I've read from. This book explains very simply the differences in how they work and therefore why Champion is the brand recommended. Basically, the book imparts a lot of knowledge, little tips and info on nutrition without being too sciencey. It defines some of the raw foodist lexicon. It's like having a friend explain lots of

little facts as well as some biggies, in a fun to read manner. I'd buy it again if I didn't already own it!

I had decided that I was not happy with the food I was eating and the lifestyle I had and after reading "Raw can cure Cancer" decided to go to a raw food diet myself. This book helped me get through the first few weeks and helped me understand what was needed to get started. So far I have enjoyed the experience by following the simple steps in the book.

I have several books on eating raw, but none are as easy to understand, encouraging and supportive. This is well laid out and easy to understand. A really excellent book!

I have a number of raw food books. The problem is they are too difficult or too boring. This book gives great info. It hits all the points you always read concerns about. I thought the recipes would not be interesting since this is a basic book. I was wrong. The chocolate-orange pudding is great. The choco tacos were really good. I almost didn't try them. You should. I seem to be the only person who doesn't care for almond milk. The cardamom-almond milk is great. The survivor's cereal is worth the price of the book. I am not a smoothie person and always looking for something else for breakfast.

As a nutrition student I am learning alot about food. The raw food diet is really interesting to me. I have started doing green smoothies receantly and was hoping this book would help. So far I have learned alot from it! Theres so much information about the Raw diet in there! I have tried a few recipies but hope to try more!

I was first introduced to Bo Rinaldi and Mark Reinfeld through their first project,Â Vegan Fusion World Cuisine: Healing Recipes and Timeless Wisdom from our Hearts to YoursÂ - a truly gorgeous and inspirational vegan cookbook. Their second collaboration,Â The Complete Idiot's Guide to Eating Raw, includes the talented Jennifer Murray of the late Blossoming Lotus Restaurant in Kauai. True to its name, this reference dives into the world of raw cuisine and presents easy to follow recipes and tips on transitioning into a raw lifestyle. Think of The Complete Idiot's Guide to Eating Raw as your one-stop shop on eating and going raw. Part 1/Raw Foods Illuminated introduces the benefits and myths of going raw, as well as discusses the environmental and sustainable aspects of food production. Pantry basics including raw ingredients and helpful cooking/prep equipment round out Part 1. Word to the wise: don't skip this important intro section! Read and learn, baby. Soon

you'll be prepping like a pro. In Part 2/Raw Techniques, you'll learn everything you'll need to know to get started. Juicing, sprouting, dehydrating, culturing, and the basics of raw food prep - it's all in here and it's easy to do. I highly recommend you play with your food, starting with sprouts! Just follow the easy guide to growing your own sprouts on page 72, and within a week, you'll be harvesting and chomping on your own tasty plants. Parts 3/Recipes on the Light Side and 4/Hearty Fare put your newfound knowledge to the test in a fun and accessible manner. The Mediterranean Sunflower Seed Dip on page 108 is so delicious, and especially good rolled up in sheets of nori with a bit of sliced cucumber and avocado. Yum! Substitute the nama shoyu (fancy soy sauce) for wheat-free tamari and you have a tasty snack that even your gluten-free/vegan/raw friends can enjoy. Look at you! The After-Dinner Aphrodisiac Elixir on page 179? More please! Never underestimate the power of this Elixir. **TOO DIE FOR!** NOTE: While all the ingredients for these and other recipes may not be available in the nearest supermarket, they're worth tracking down via your local natural foods store (or online - just flip to page 306 to the handy appendix list of raw websites for ingredient procurement.) Get to know the folks that bring good, healthy, vibrant food to your community! Which is easy to do, once you read.....Part 5/Raw Transitions and the Appendixes. These last sections are chock full of information and resources to further your raw education and help you thrive in the delicious and nutritious world of eating and living raw. It's easier than you think and so rewarding! Your body and the planet will thank you.

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