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The Live Food Factor: A Comprehensive Guide to the Ultimate Diet for Body, Mind, Spirit & Planet by Susan Schenck, L.Ac., M.T.O.M. (acupuncture and oriental medicine)

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The Live Food Factor: The comprehensive guide to the ultimate diet for body, mind, spirit and planet retails at \$29.95. Pros Encourages a high intake of fresh fruit and vegetables.

Product Description The Live Food Factor is the first comprehensive guide to not only the raw food diet, but also the raw food movement itself.

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