



Living Foods for Optimum Health: Your Complete Guide to the Healing Power of Raw Foods

Theresa Foy Digeronimo, Brian R. Clement

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Did you know that what you eat could be making you sick? It's true. Some foods clog your body with energy-depleting fats, toxins, and chemicals. Where can you find the optimum nourishment your body needs to stay strong, healthy, and vigorous? For millions of people, the answer is in the health and healing properties of living foods—foods that are eaten raw and produced without dangerous, nutrient-robbing chemicals or additives.

For more than forty years, the Hippocrates Health Institute has been teaching people how to cleanse and heal their bodies with naturally potent living foods. In this book, the first-ever sponsored by the Institute, authors **Brian R. Clement** and **Theresa Foy DiGeronimo** explain why living foods are vital to good health and offer a sensible plan for making the switch to a living foods diet.

With step-by-step instructions, lifestyle suggestions, and more than 100 healthful, delicious recipes, *Living Foods for Optimum Health* provides everything you need to take control of your health and well-being.

"An important and eminently readable book for the new era of self-care."

—**Marilyn Diamond, co-author of *Fit for Life***

"A landmark guide to the essentials of healthy living."

—**From the foreword by Coretta Scott King**

"This book will open the way to a healthier and happier millennium."

—**Helen Nearing, author of *Living the Good Life* and mother of the Back to Earth Movement**

"Living food will change your life."

—**Kenny Loggins, musician and composer**

"The way to optimum health is more natural food. Thanks, Brian, for leading the way."

—**Edgar Mitchell, Sc.D., Apollo Astronaut and founder of The Institute of Noetic Sciences**

About the Authors

Brian R. Clement, a leader in natural health and healing, is director of the Hippocrates Health Institute in West Palm Beach, Florida, and founding director of the Coalition of Holistic Health.

Theresa Foy DiGeronimo is adjunct professor of English at The William Patterson College of New Jersey and author of numerous books, including *The Natural Way of Healing Chronic Pain*.

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