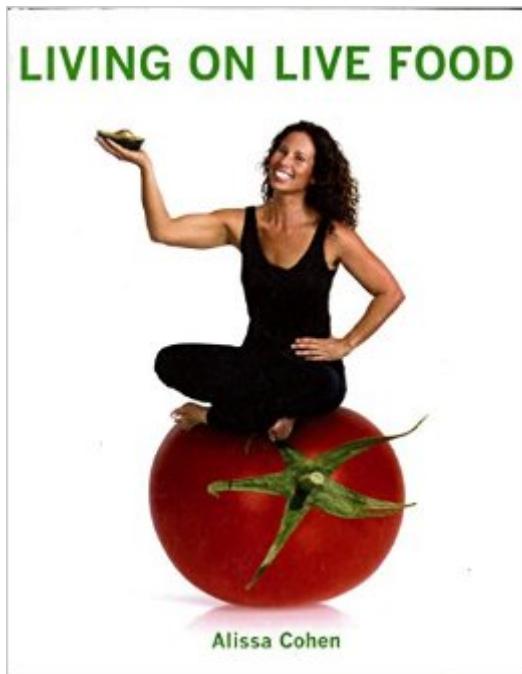


The book was found

# Living On Live Food



## **Synopsis**

Living on Live Food teaches you what a raw and living food diet is and how to get started immediately! But that's not all, this motivational book also covers such topics as: addiction to cooked foods, changing your thought process, being social while staying healthy, enzymes, acid-alkaline balance, strategies and techniques, matters beyond food... plus so much more. 290 Recipes and detailed 4-week plan complete with menu, shopping lists and meal preparation instructions. 15 compelling real-life success stories with amazing before and after photographs. "You will see results! Not within years, or months, or even weeks, but within days! Does this sound like I'm promising a lot? I am! But I'm not exaggerating. You'll believe me almost from the instant you start eating this way. It's a miracle just waiting to happen to you." (600 pages. Paper)

## **Book Information**

Paperback: 600 pages

Publisher: Cohen; 1St Edition edition (2004)

Language: English

ISBN-10: 0974896306

ISBN-13: 978-0974896304

Product Dimensions: 10.8 x 8.3 x 1.3 inches

Shipping Weight: 4.4 pounds

Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ  (131 customer reviews)

Best Sellers Rank: #106,826 in Books (See Top 100 in Books) #18 inÂ  Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegan #37 inÂ  Books > Cookbooks, Food & Wine > Special Diet > Whole Foods

## **Customer Reviews**

Alissa Cohen's book is well-written, organized and used in our home. This is the first raw food book that I have purchased and it is worth every penny! Those raw vegan cookbooks that I checked out at the library over the past few months were not inspiring and the recipes "assumed" that the reader had experience with raw vegan cooking/lifestyle like sprouting which is totally a new technique for me. This book makes the raw vegan lifestyle more acceptable, reachable and possible using easy-to-follow recipes that taste good and are created using natural, organic ingredients. The first item I made from this book was the Walnut Fudge which all 5 of my children, husband, and myself found delicious. Don't tell my 5 year-old son that it contained walnuts as he "thinks" he doesn't like them! My 11 year-old daughter is learning how to prepare these fun, healthy and yummy recipes

with me. The book has sturdy pages that are nearly waterproof so spills while preparing the foods can be wiped off easily. Carrot Pecan Burgers, Spinach Dip, Enchiladas, Stuffed Portobella Mushroom Caps and Almond Milk are some of my family's favorites. I like how Alissa suggests that the leftover almond paste/meal from the almond milk can be used to create the scrumptious raw cinnamon rolls. I am disappointed that a few people have given this book a bad review. I am sure that they are jealous of Alissa's growing popularity and success. She is knowledgeable, healthy-looking, glowing, gorgeous and comes across in her DVD as a person with a calm, positive disposition. Last week, I loaned my DVD to a friend who viewed part of it and the next day asked me to order the book, DVD, and spiral slicer for her from Alissa's website (since this friend doesn't have Internet access).

This is in reply to M. Korogodsky "Michael" stating that this book is "useless", and rating it 1 star:[I quote]"This is a very primitive book. Most of the recipes do not follow proper food combining and laden with carbohydrates, sugar and starch. Not good for diabetics or somebody who wants to reduce weight. Waste of money." Below I [quote], Alissa Cohen:"Why don't I have to count calories or fat grams? How can I eat avocados, nuts and other high fat foods on this diet and still lose weight? There is a huge difference between cooked fats and raw fats. The studies that have been done linking fats to high cancer rates, heart attacks, kidney failure, high blood pressure, high cholesterol, angina, cardiovascular disease, and all of the other diseases that clog up the blood and the arteries have been done with cooked fats. Obesity is linked to a high cooked fat diet. Raw plant fats on the other hand, have exactly the opposite effect. Raw fats, such as avocados, olives, coconuts, nuts and seeds are imperative in a healthy diet. These fats contain antioxidants. They contain oils that help the joints, nerves, and bones. These raw plant fats do not cause the body to gain excess weight because they still contain the enzyme lipase; this is the enzyme that is needed to digest fat. Cooking fats destroy lipase, along with other important enzymes and minerals. The fat digesting enzyme, lipase, breaks up the raw plant foods as they are eaten and help to digest the oils in these foods. Because this food is getting assimilated and digested properly, It is not clogging up the blood and arteries, and causing all kinds of chronic and degenerative diseases, and it is not getting stored as excess weight in the body.

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