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Autore	Thomas Dr. Julian P
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Nota di contenuto	Intro -- TABLE OF CONTENTS -- INTRODUCTION -- THE ADVANTAGES OF RAW FOOD -- MY CLASSIFICATION OF FOODS THEIR EFFECTS AND USES -- NUTS -- VEGETATION -- FRUIT -- CEREALS -- FLAVORS -- A FEW MENUS WHICH MAY BE VARIED INDEFINITELY -- SALADS -- FRUIT SALAD -- VEGETABLE HASH OR STEW -- PUDDINGS -- EGG-NOG -- ORANGE EGG PHOSPHATE -- POTATOES -- THOMAS RAW SOUP -- DESSERTS.
Sommario/riassunto	Human bodies, like all other living bodies, are composed of a multitude of tiny living cells. When we use the body these cells wear out and need replenishing. We replenish them by eating food which contains these cells.It is my purpose in this book to show that it is better to take these living cells in their natural condition than to take them after they have been destroyed by cooking. In the one case they fill the consumer with new vitality. In the other case they fill the consumer with disease and sooner or later cause death.-From Author's IntroductionComplete with Recipes.