



The Complete Idiot's Guide to Raw Food Detox (Idiot's Guides)

Adam A. Graham

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A healthy body requires a raw strategy.

The Complete Idiot's Guide(r) to Raw Food Detox details the best foods for detoxifying and cleansing the body for people suffering from everything from irritable bowel syndrome to unsuccessful weight loss efforts-or anyone who just wants to feel healthier. Beginning with what detoxifying and cleansing are and what they do, this book details what to eat, how to prepare it, and in what combinations and amounts. The author also provides several 15-day detoxifying and cleansing regimens for both the beginning and experienced raw food enthusiast:

- Interest in raw foods has been growing rapidly for years.
- Many high-profile stars, such as Beyoncé Knowles, have been widely reported using raw-food cleanses.
- Dr. Oz has added a "Raw Food Challenge" to his website in which he encourages people to include much more raw food into their diets.

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