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Green Live Food Cuisine

Rainbow Green Live Food Cuisine consists of a diet of organic, plant-source-only, live (raw) food, with 25–45 percent moderate-low complex carbohydrates, 25–45 percent plant-based fats, moderate protein, low glycemic index, low insulin index, high minerals, no refined carbohydrates (especially white flour, white sugar, junk or processed foods), high fiber, and individualized moderate caloric intake, prepared with love.

What is Rainbow Green Live Food Cuisine?

Both a guide to natural health and a cookbook, Rainbow Green Live-Food Cuisine features over 250 revolutionary vegan recipes from

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chefs at the Tree of Life Cafe, from Buttery Butternut Porridge to Raw-violis to Carob Coconut Cream Eclairs. Combining modern research on metabolism, ecological consciousness, and a rainbow of live foods, Dr. Cousins dishes up comprehensive, practical, and ...

Rainbow Green Live - Food Cuisine: Amazon.co.uk: Gabriel ... Both a guide to natural health and a cookbook, Rainbow Green Live-Food Cuisine features over 250 revolutionary vegan recipes from chefs at the Tree of Life Cafe, from Buttery Butternut Porridge to Raw-violis to Carob Coconut Cream Eclairs. Combining modern research on metabolism, ecological consciousness, and a

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Rainbow of live foods, Dr. Cousens dishes up comprehensive, practical, and ...

Rainbow Green Live-Food Cuisine eBook: Cousens M.D ...

Rainbow Green Live- Food Cuisine introduces the concept of live-food. This plan is strictly vegan and promotes the ...more. flag Like · see review. Jan 10, 2013 Cara rated it really liked it. After eating a mostly raw diet for over a year I still felt really out of control with my eating. Sugar was the main culprit for my binges and after reading a lot about why, I discovered that candida ...

Rainbow Green Live-Food Cuisine by Gabriel Cousens
Both a guide to natural health and

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By Cousens, Rainbow Green Live-Food Cuisine features over 250 revolutionary vegan recipes from chefs at the Tree of Life Cafe, from Buttery Butternut Porridge to Raw-violis to Carob Coconut Cream Eclairs.

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This book offers a wide range of live-food dishes, including entrees, salads and dressing, soups, fermented foods, breads, desserts, and much more.

Nutritional analyses are not provided. Rainbow Green Live-Food Cuisine (ISBN

1-55643-465-0) is published by North Atlantic Books and retails for \$30. Look for this 544-page book in bookstores.

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diet combined with environmental
pollutants and stress can lead to
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collectively known as chronic
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healing process of biological
alchemy. It is a gift for us in how
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Raw-violis to Carob Coconut
Cream Eclairs.

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- North Atlantic Books
The gourmet chefs at his Tree of
Life Rejuvenation Center offer 1
hour of recipes including flax
crackers, nut mylk, pizza, nori
rolls, coco-mac porridge, carrot

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cake, & 2 delicious salads with...

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"Rainbow Green Live-Food Cuisine describes the holistic healing process of biological alchemy. It is a gift for us in how to live in these biologically toxic times."

—Richard Harvey and Mary

Huston, Directors of Life Works

--This text refers to the paperback edition. About the Author . Dr.

Gabriel Cousens, M.D. is an

internationally celebrated

spiritual teacher, author, lecturer,

world peace ...

Amazon.com: Rainbow Green Live-
Food Cuisine eBook: Cousens ...

Book Summary: The title of this

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Book is Rainbow Green Live-Food Cuisine and it was written by Gabriel Cousens M.D., Tree of Life Cafe Chefs, Eliot Rosen (Preface).

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