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Davis, Vesanto Melina,
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Overview This book contains a wealth of information on the raw food lifestyle.

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nutritional, and scientific information for both experts and novices. Explains techniques, describes cooking equipment, and provides recipes and menus.

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Davis, Vesanto Melina.
Book Publishing
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first of its kind to delve into the science behind raw foods. The book remains neutral in its stance on whether one should become raw, giving the nutritional pluses and minuses of eating raw foods.

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Although sleep had the strongest correlation to mental health, the investigators said exercising and eating more raw fruits and vegetables were also important. Depressive symptoms were lowest in

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young adults who slept 9.7 hours per night, and feelings of well-being were highest for those who slept 8 hours per night.

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Make wearing a mask a normal part of being around other people. The appropriate use,

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Though African
Americans are being
hospitalized for

COVID-19 at more than
triple the rate of white
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