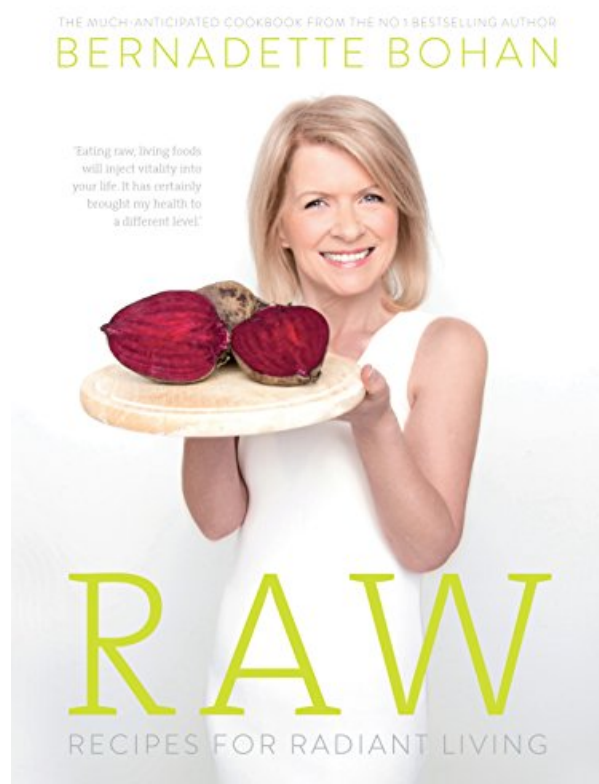


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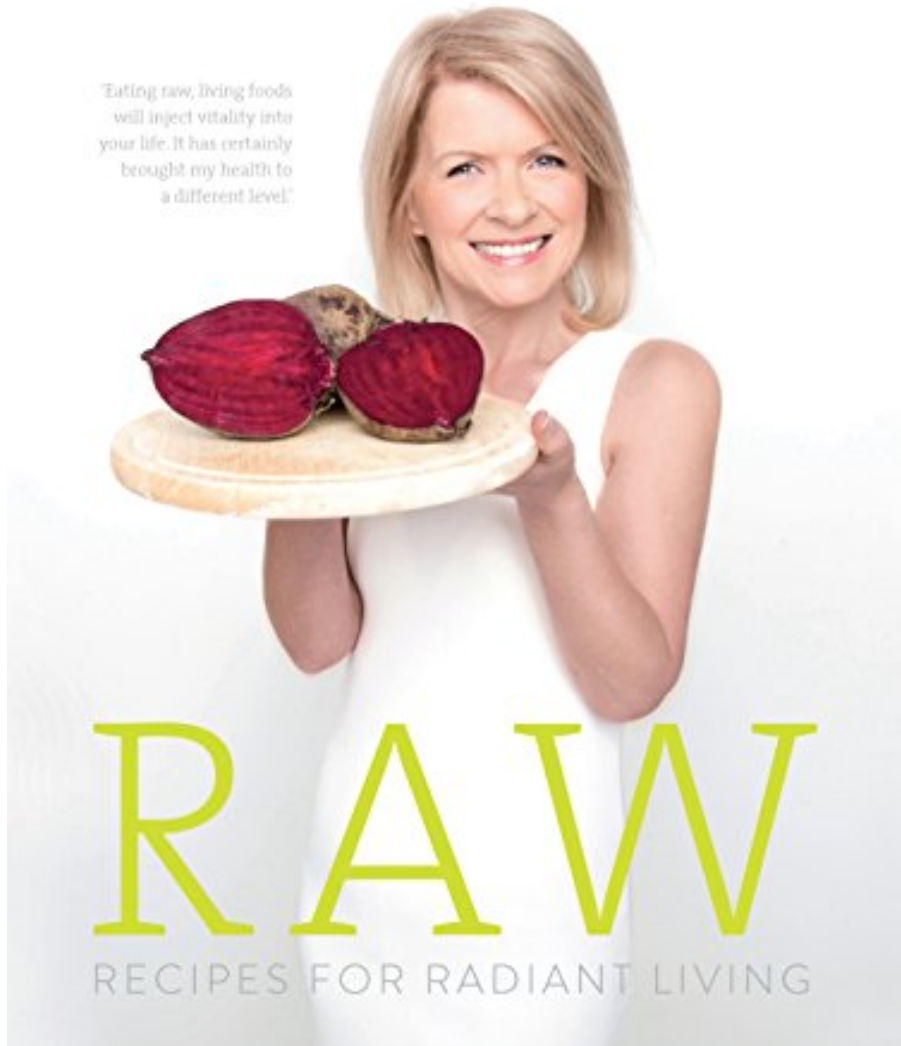


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'Eating raw, living foods
will inject vitality into
your life. It has certainly
brought my health to
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About the Author

Bernadette Bohan is an ordinary woman whose life was turned upside down by two different types of cancer. She learned the value of her health the hard way, but she recovered and now feels healthier than ever.

In order to help herself through cancer treatment, Bernadette focused all her energy on getting informed about health. She adopted a nutrient-dense, primarily plant-based diet to help improve her immune system. Bernadette's health changed for the better and she became passionate about sharing the benefits of her positive, healthy form of eating. Her programme for diet and lifestyle change, has given invaluable, practical guidance to those looking for a healthy lifestyle. Now fifteen years on she continues to inspire her readers to live more vibrant energetic lives and improve their health naturally.

Bernadette is a mother of three and lives in Malahide, Co. Dublin, with her husband. For more information, visit her website: www.changesimply.com.

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‘Eating raw, living foods will inject vitality into your life. It has certainly brought my health to a different level.’

‘Let food be thy medicine and medicine be thy food.’
Hippocrates, the father of modern medicine

When Bernadette Bohan was diagnosed with cancer for a second time, she took Hippocrates’ advice on board. She embraced a plant-based, living food diet and soon noticed real results: her health improved greatly, her skin glowed, her energy exploded and her waist shrank.

Bernadette has since become an advocate for this way of life, helping thousands of people get back to better health. Now, for the first time, the bestselling author of *Eat Yourself Well*, *The Survivor’s Mindset*, *The Choice* and *The Programme* shares her secrets in her much-anticipated cookbook *Raw*.

Give your body the food it was meant to eat with these delicious, nourishing recipes. Choose from immune-boosting juices, nurturing soups, alternative comfort dishes and yummy treats that everyone will love. These recipes are perfect for anyone with an appetite for health.

‘After my wife and I started to follow Bernadette’s guidelines for healthy living, the benefits were almost immediate; I had much more energy, I lost weight and we both felt so much healthier. Our immune systems have improved beyond recognition. I can’t even remember the last time either of us needed the services of a doctor for any kind of ailment.’
Derek Nequest

‘Bernadette changed the way I think about food and what I thought was healthy.’
Lou, Galway

In *Raw*, Bernadette Bohan will teach you how to live well on living foods, with recipes for appetising starters, mains, desserts and snacks, all written in Bernadette’s accessible and inspirational manner.

Raw is perfect for anyone who wants to lose weight, is addicted to sugar, has no time to cook or simply wants to look and feel better. In addition to over 75 mouth-watering raw recipes, it also includes practical advice on how to use specialised equipment such as juicers, and how to grow sprouts, wheat grass and make alternatives to dairy products.

Complete with stunning photography to whet your appetite, this book is for everyone who wants to live a

healthier life.

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About the Author

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It was good to help me get back on track

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By mlou

It's a really lovely book, substantial and very attractive on the worktop. Bernadette presents deliciously different recipes and invites us to enter "the wonderful world of raw foods". She explains how to get started and how we'll benefit - "the bottom line is nutrition". There's eating and drinking and education in this beautiful book.

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