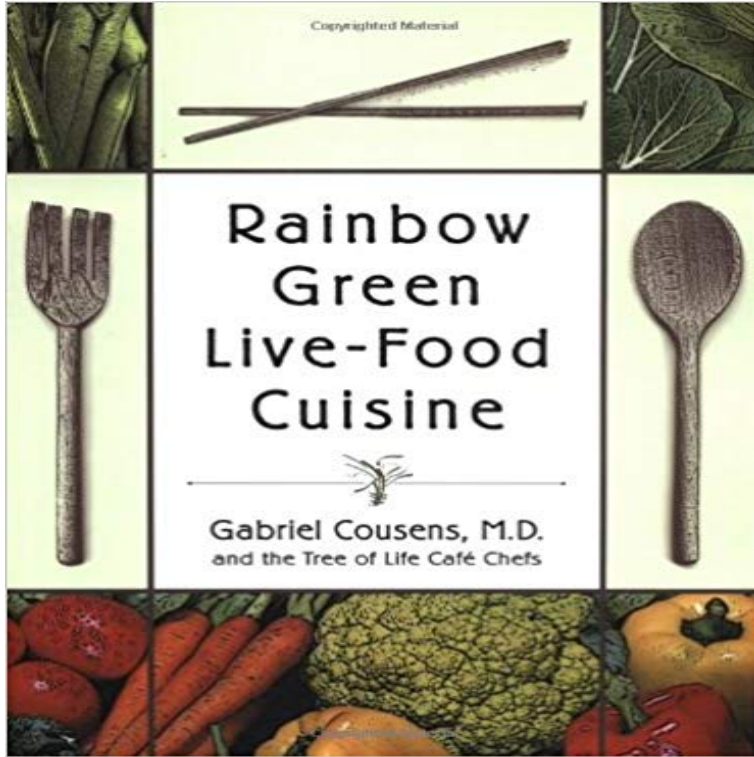


Rainbow Green Live-Food Cuisine



Medical researchers have found that a high-fat, high-sugar diet, combined with environmental pollutants and stress, can lead to a buildup of toxins in the body collectively known as chronic degenerative disease. Here holistic physician Gabriel Cousens addresses the dangers of foods that have been genetically modified, treated with pesticides, microwaved, and irradiated and presents an alternative diet of whole, natural, organic, and raw foods that can reverse chronic disease and restore vitality. 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 rainbow of live foods, Dr. Cousens dishes up comprehensive, practical, and delectable solutions to the woes of the Western diet.

Why make your own almond milk at home? Well, for starters you'll end up with creamy plant based milk that is free of preservatives, thickeners and refined - 4 min - Uploaded by RawFoodDvds Starring: Gabriel Cousens, Debra Secunda Director: Robert Shaman Run Time: 120 minutes Gabriel Cousens, M.D. and the Tree of Life Cafe Chefs. Rainbow. Green. Live-Food. Cuisine. Rainb o w. G reen Live-Fo o d. Cuisine th tic ks. Cousens The research and practical advice, along with the recipes from the Tree of Life Cafe in Rainbow Green Live-Food Cuisine, help people awaken to a new Find helpful customer reviews and review ratings for Rainbow Green Live-Food Cuisine at . Read honest and unbiased product reviews from our Rainbow Green Live-Food Cuisine eBook: Gabriel Cousens M.D., David Wolfe, Eliot Rosen: : Kindle Store. 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 The following is adapted from Dr. Gabriel Cousens, Rainbow Green Live-Food Cuisine (2003), Chapter 1. The theory that I am sharing with you: Gabriel Cousens, MD: Rainbow-Green Live-Food Cuisine: Gabriel Cousens, Debra Secunda, Kevala, Phillip, Robert Shaman: Movies & TV. green leafy vegetables green juices & smoothies (except as listed in Foods to Avoid), coconut oil coconut meat/ Vegan & Live. Rainbow Green Cuisine Phase Chart - Dr. Gabriel Cousens, M.D.. NOTES: A small amount of - 3 min - Uploaded by RawFoodDvds Gabriel Cousens, M.D. is acknowledged as the worlds leading medical authority on raw-live