

## 21 Ultimate Raw Superfood Recipes: Unlock Nature's Secrets; Lose Weight, Gain Energy, Feel Younger! (21 Recipe Books)



Tiffany Thomas is BACK with an all new cookbook 2 BONUS RECIPES Raw food diet is increasingly enjoying popularity as many people discover its health-giving and healing benefits. However, this diet is more than just a fad many religions and culture, historically, have placed emphasis on consuming living foods. Raw food diet proponents have been encouraging others to adopt this healthy diet to overcome life-threatening diseases. With this Raw Superfood Recipe book, you'll never again count calories, carb grams, or fat grams, or measure food portions. This book lets you eat liberal amounts of super healthy, satisfying foods, and open gates for progress in all areas of your life. The raw superfood recipes contained in this book will put you on a right track towards a radiant complexion, a slimmer figure, greater energy and amazing natural health regardless of whether you want to lead an all-raw diet lifestyle or just want to shed off some pounds while still enjoying your favorite meals. This book features more than twenty irresistibly fresh and easy-to-make gourmet recipes for almost all meals, including sumptuous soups and mouthwatering salads, cleansing smoothies, guilt-free cakes, and delicious desserts.

Green Artists League GALvanizing Eco-Responsibility Subscribe via RSS HOME ABOUT ALCHEMICAL GARDEN ECOVENTIONS Help Cultivate The Alchemical Garden: An Edible Garden and Art Park at Newburyport's Rail Trail Posted by erin on April 25, 2011 3 comments The Alchemical Garden site February 2010 GAL is turning a desolate field of weeds into a visually compelling garden that will educate and engage the community for years to come. Located on a 160 x 25 site near the south entrance of Newburyport's Clipper City Rail Trail, the Alchemical Garden is a richly layered evolving art and horticulture experience that is accessible on many different levels to the public. Alchemical Garden Plot plan Alchemical Garden is designed to become a model for a sustainable, interactive public garden through the use of symbiotic, low maintenance plantings and recycled materials. The ancient discipline of Alchemy marries art and science and is famously known for transforming a common material into gold. The Alchemical Garden will lead the community to transform on a number of levels : Alchemical Garden with Spring Wheat "Crop Circles" June, 2011 BUILD COMMUNITY: The Garden creates a gathering space for individuals to form a more intimate relationship with their community. The space is designed with visual features and seating areas to compel passers-by to pause, reflect, and have a multi-sensory interactive experience ( sight, smell, touch, taste, smell) with the garden and the community. Read the rest of this entry Categories: Alchemical Garden, Articulture, Current Events, Projects. Tags: alchemy, art, bike, crucible, ecology, garden, green art, hedge, hyper-accumulating, industry,

living structure, Newburyport, permaculture, rail, sculpture, soil remediation, trail, tree guilds.

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