



Advantages of Raw Foods

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Dr. Thomas debates and beats other M.D.'s on the merits of Raw Foods. This powerful, illuminating and sometimes very humorous work completely blasts 'cooked food' promoters and members of the medical profession, with intellectual arguments, hilarious remarks and passion. Includes a healthy recipe section based on the Thomas food classification system. Question: "How long do you think a man would live if he confined himself to raw food?" Dr. Thomas: "...he would live for one hundred and fifty or more years, and then die, or rather depart, simply because he wanted new experiences. It is not possible for me to say whether he would desire to go upward or downward." Dr. Thomas' recorded debates with other M.D.'s on the merits of Raw Foods vs. 'typical' eating. This powerful, illuminating and sometimes very humorous work blasts 'cooked food' promoters and the medical profession, with intellectual arguments, hilarious remarks and passionate common sense. You will enjoy reading one of the more profound Raw Food champions, as well laughing out loud as he expounds his views on vitality, natural living, weight loss and gain, longevity, cooked food poison, the nut and fruit diet and dairy. Includes valuable recipe selections directly from the Thomas food classification system.

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