



Live Raw: Raw Food Recipes for Good Health and Timeless Beauty

By Mimi Kirk

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Everyone knows that eating well makes you feel good, but Mimi Kirk is living proof that eating well—ideally raw vegan food—can make you look amazing. She’s routinely taken to be at least twenty years younger than her age. *Live Raw* offers 120 recipes sprinkled with must-have advice, including such topics as:

- Detoxifying—So Gravity Won’t Get You Down: A detoxifying program to rid your body of dangerous toxins—drop weight in the process and experience an abundance of energy.
- What You Need to Eat Every Day, and Why: An easy-to-read chart of the foods your body needs daily, what vitamins they contain, and what part of the body they compliment and nourish.
- Delicious Raw Food Recipes That Won’t Scare Off Non- Vegetarians: Stuffed Portobello Mushrooms with Basil Pesto, Pomodoro Lasagna, Lemony Cheesecake, and more.

Learn how to feel better and look better with Mimi Kirk in this engaging, one-of-a-kind guide.

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Editorial Review

Review

“Ready your dehydrator, get set with a food processor, and proceed to first-time author Kirk’s more than 120 recipes for raw food and healthy eating.” (Booklist)

About the Author

Mimi Kirk is also the author of *Live Raw*. Voted PETA’s sexiest vegetarian over 50, she has appeared on NBC, CBS, and Fox News; and in *VegNews* magazine, *Purely Delicious*, and *PETA Prime*. Her careers span the gamut—from being a stand-in for Mary Tyler Moore and the designer behind Valerie Harper’s wardrobe on *Rhoda* to a costume jewelry designer; publisher of an environmental newspaper in Los Angeles; board game inventor; and author. She helped start the first film festival in Taos, New Mexico, and has worked with several nonprofits to help raise money and awareness about health and environmental concerns. Kirk enjoys spending time with her boyfriend, four children, and seven grandchildren. She lives in Ramona, California.

Users Review

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