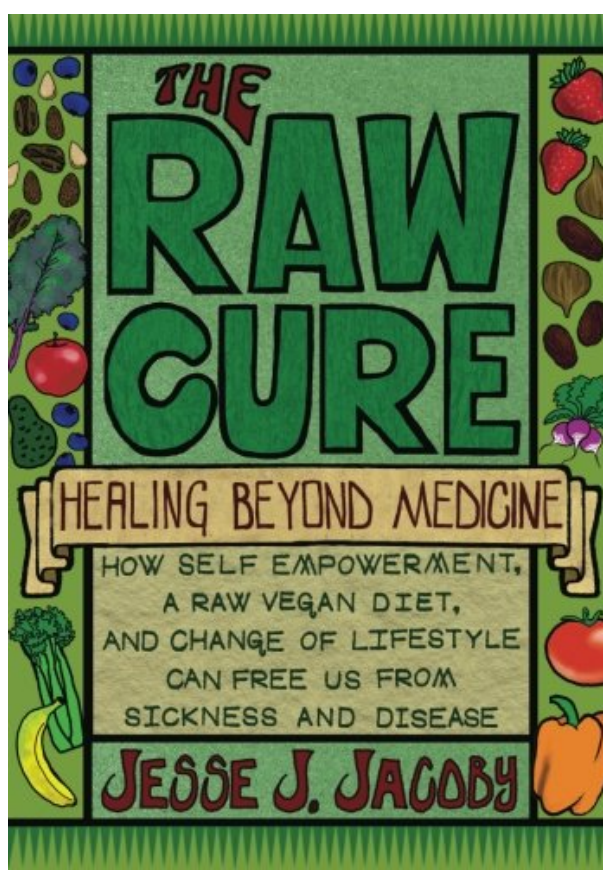
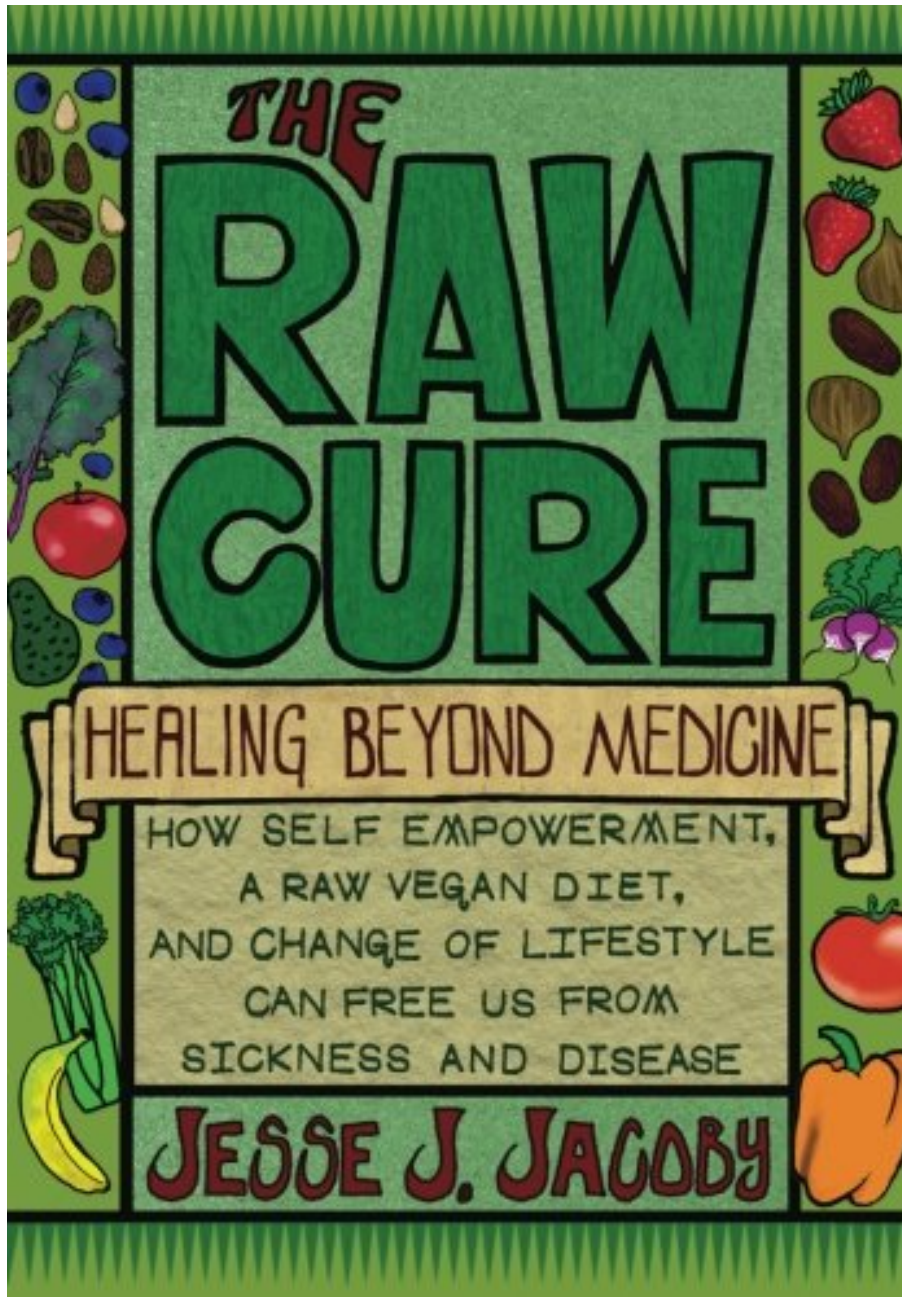


**THE RAW CURE: HEALING BEYOND  
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RAW VEGAN DIET, AND CHANGE OF  
LIFESTYLE CAN FREE US FROM SICKNESS  
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"When I was diagnosed with thyroid disease, doctors told me I'd have to take a synthetic pill daily for the rest of my life for my thyroid to function. Jesse and I sat down to discuss nutrition guidelines that could be helpful for my particular disease. I started to replace my diet with raw, organic foods. Soon after, I got a complete blood and thyroid test. Not only did my cpt come out perfect, so did my thyroid levels! I am now off of the pills and feel GREAT! Read his book, *The Raw Cure*! Jesse is a genius on this topic and is sincerely genuine about spreading the word."

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"If you want to become an expert on nutrition, or expand your current nutritional expertise, this book should be front and center on your bookshelf next to *The China Study* and books by our favorite vegan doctors. Yes, this book is that informative and well-written. Chock full of quotes from respected doctors and scientific studies, complete with common sense explanations, this book answers every question about how plant-based foods truly bring optimal health and cure disease. It is a must read for everyone." - *Vegan Health and Fitness Magazine*

### About the Author

Jesse Jacoby is a dedicated raw foodist who has devoted his life to the raw food movement. He abides by a raw, organic vegan diet, lives a natural lifestyle, and is compassionate towards all living creatures on Earth. Jesse is a longevity expert, nutritionist, certified raw organic nutritionist, certified lifestyle and weight management consultant, certified personal trainer, and holistic health coach. He truly believes he can help

anyone greatly improve their quality of health no matter what age or how severe their issues may be, without having to rely on chemical drugs.

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## **PDF**

People are finally catching on. There is no way around the fact that the consumption of meat, eggs, the variety of products made from dairy, and foods containing toxic chemicals and refined ingredients trigger the most common diseases afflicting humans. While we remain fearful of nuclear accidents, wars, floods, fires, tornadoes, typhoons, hurricanes, earthquakes, and car crashes, the truth is that the vast majority of people in commercialized civilization are more likely to die from the symptoms resulting from their dependence on prescription drugs, living a toxic lifestyle, and making poor dietary choices. Chief among those bad choices are eating meat, dairy, eggs, refined and fatty foods, and foods containing synthetic chemicals. Meat, eggs, and dairy products are not ideal food sources for humans. We have simply been lied to by the multi-billion-dollar industries that are responsible for producing these low-quality foods, as they continue to profit from products that are the result of the mass-breeding, mistreatment, and killing of harmless, sentient beings that can feel pain just as much as we can. The truth is that eating meat, dairy, eggs, and refined and chemically-altered foods is deleterious to our health. The common degenerative and chronic diseases we are afflicted with today are directly linked with the food choices we make. By eating more raw fruits and vegetables, removing animal products and junk foods from our diet, and making healthier lifestyle choices we will soon find that we no longer need the vast amount of what we call 'healthcare'. We will drastically reduce the costs associated with surgery and our dependence on toxic, synthetic chemical drugs. Incidence of heart attacks, strokes, diabetes, arthritis, cancer, and obesity will plunge, and we – and Earth – will be much healthier. Rather than choosing to be ignorant of the truth, it is time for us to take back our health, empower ourselves, gain compassion, and quit contributing to these acts of cruelty we call 'animal farming'. Doing so will greatly reduce our use of fossil fuels that are destroying life on Earth. Using medical studies, and reliable scientific research, the author provides strong evidence that the link between nutrition and disease is more paramount than we once believed it to be. This book exposes the truth, and will guide you on your journey to take back your health.

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and refined oils and now enjoy a very slim and trim body

By CeeLaBee

This book tells the truth. The truth hurts. The truth will set you free from disease and disorder in your body. Jesse's voice is one of dissension in our very broken food and medical culture. I am a physician who has personally experienced the impact of meat, dairy, and junk food on my body (hypertension) which was NOT reversed by medication... BUT was reversed in ~ 3 weeks by eliminating ALL flour, sugar and junk food. Later I eliminated all meat dairy, and refined oils and now enjoy a very slim and trim body. I also experience quite frequently what it feels like to be a voice of dissension in the medical profession, however, I am committed to sharing the truth. Thank you Jesse. I often recommend your book and proudly display it in my home and office.

2 of 2 people found the following review helpful.

Best book for everyone...Highly reccomend

By Ann S.

This is one of the best books on raw food diet or any kind of diet that I've ever read...I'd recommend it to anyone.It really doesn't pull punches.It just tells it like it is...Most informative..Most direct and to the point.A bit repetitive but it needs to be...If even a small portion of the population read this book and followed it much disease and misery would be avoided...Can't say enough about this book...Buy it ,read it twice and follow it's advice and you will feel better and be healthier after a period of cleansing.



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Truly life changing

By Steph

After reading 80/10/10 (which was really good) I read this book and it was just amazing to say the least. It's straight forward, big, SO informational and easy to read. Actually it was it difficult to put down! If you want to change your life, be healthy and happy and don't know where to start or why, please read this book. I really hope he decides to write more books in the future.

Also, he gives a lot of great recommendations for other books for even more info if you love to continue reading and learning. Get this book.

Also, the cover is adorable with all the little veggies. Love it.

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It will certainly have no doubt when you are going to pick this e-book. This inspiring **The Raw Cure: Healing Beyond Medicine: How Self-empowerment, A Raw Vegan Diet, And Change Of Lifestyle Can Free Us From Sickness And Diseases** book could be read totally in specific time relying on just how often you open and also read them. One to remember is that every book has their own manufacturing to obtain by each reader. So, be the excellent viewers and also be a far better individual after reading this book *The Raw Cure: Healing Beyond Medicine: How Self-empowerment, A Raw Vegan Diet, And Change Of Lifestyle Can Free Us From Sickness And Diseases*

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