



Pure and Simple Natural Weight Control

By N. W. Walker



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Here is a diet like no other. It is based on the body's need for vital, life-giving enzymes found only in nature's pure foods. Information presented covers facts and myths about your body, artificial foods, food combining, protein, milk and dairy products, how to get started, juice and juicing, and practical advice and support. Includes 50 fruit and salad recipes along with menus.

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Editorial Review

About the Author

Dr. Norman W. Walker is one of the pioneers of the raw foods movement and is recognized throughout the world as one of the most authoritative voices on life, health and nutrition. Dr. Walker shares his secret to a long, healthy, productive life through his internationally famous books on health and nutrition.

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From reader reviews:

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