



The Sunfood Diet Success System: 36 Lessons in Health Transformation

David Wolfe

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David Wolfe is an internationally renowned health lecturer and one of the world's foremost authorities on raw-food nutrition. In this book, he describes how to use simple, whole, raw plant foods to heal, rejuvenate, and feel great. The Sunfood Diet Success System effortlessly drops away unwanted pounds, boosts your immune system, enhances your relationships, lengthens life, brings you closer to the spiritual realms, allows you to think more creatively, clears emotional blockages, improves your performance in business, and creates a healthier, happier life for you and those around you. The Sunfood Diet Success System describes exactly how to adopt, maintain, and stay centered on a raw-food based diet by balancing different types of foods through The Sunfood Triangle.

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