



The Raw Cure: Healing Beyond Medicine: How self-empowerment, a raw vegan diet, and change of lifestyle can free us from sickness and disease.

By Jesse J Jacoby

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The Raw Cure: Healing Beyond Medicine: How self-empowerment, a raw vegan diet, and change of lifestyle can free us from sickness and disease. By Jesse J Jacoby

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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Editorial Review

Review

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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."

- Cindy Vowels, IL

"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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Dennis Bloom:

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Marie Nitta:

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