



Bible of living food: Studies and Essays on Raw food, Fasting and Natural Healing

ladislav kovac

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Are You Addicted to Cooked Food? Raw food, fasting, detoxification. What does all this mean, and why should we care? Encoded somewhere deep in our very essence is the idea that our incredibly resistant bodies can be endlessly abused, overstrained and put through incessant challenges, posed by contamination, wrong lifestyle, mental strain and stress, as if it were indestructible. The purpose of this book is to inspire and inform, so that you too can make wise decisions, just as the author did. Ladislav Kovac is a world-renowned advocate of raw food and fasting. After serious illness due to food, his nutrition experiments and discovery of his inner doctor changed his life forever

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