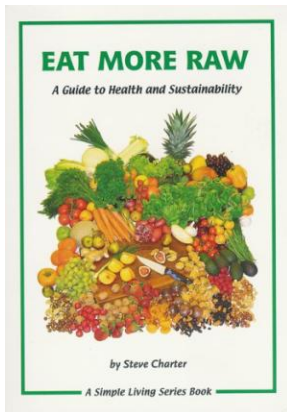


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Hyden House Ltd, United Kingdom, 2004. Paperback. Book Condition: New. 206 x 148 mm. Language: N/A. Brand New Book. Eat More Raw will help you with all the basics of eating and growing more raw foods, and addresses both personal and planetary health. Steve Charter presents the practicalities, philosophy and nutritional facts about raw foods. He describes how to live a low impact lifestyle in harmony with nature and ourselves; how to grow our own food indoors and out; permaculture...

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