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Next Raw Meetup Event: July 15th

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Articles

The following articles cover some common issues regarding food transitions.



Raw Food Detox Diet - 23 Practical Tips For Fabulous Health | By Cindy Soto

The raw food detox diet has gained popularity in recent years. It is also the way of eating that is followed within the Hippocrates health lifestyle, based on over 50 years of experience, research, and results with hundreds of thousands of people from all cultures around the world. This article addresses 23 practical tips to apply it in your life and create fabulous health for yourself. [Read it here](#)

Why Organic? The Importance of Organic Food in a Healthy Diet | By Usha Krishnan Sliva

A few years ago, in a sudden wave that overtook the country, Organic became the IT thing. Celebrities touted an organic diet; designers switched to using Organic fabrics to fashion their creations; and Farmers markets were suddenly 'the place' to shop at. This article address some useful facts about organic food so that you can be a more informed consumer.

[Read it here](#)



Creating a Healthy Digestive System > | By Bill Hansen

When the digestive system does not function effectively as it should do, we incur a host of digestion problems such as constipation, irritable bowel syndrome, colitis(inflammation of the colon, the usual symptoms are diarrhea). These diseases are less evident in people following vegetarian

Get your Free 2009 Raw Food Confidence Report



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Released: July 8, 2009

What's inside:

- Where's your food from?
- Convention vs. Organic?
- Money Saving Tips

As a bonus for signing up for the Food Confidence Report you'll also receive my bi-monthly ezine, **Raw Momentum**, with simple, smart and savvy resources to help your transition.

To view the complete article, please visit http://www.rawpathways.com/article_whyorganic.html